



Spicy Seared Swordfish

Seared in Cajun spices and topped with a tomato-garlic relish, this dish from Storytellers Café at Disney's Grand Californian Hotel and Spa proves to be a spicy yet satisfying meal.

ingredients

Tomato-Garlic Relish ingredients:

- 5 Roma tomatoes
- 1 teaspoon extra-virgin olive oil
- ¼ cup olive oil (any variety)
- 1 clove garlic, minced
- ½ medium sweet white onion, diced large
- 1 green pepper, seeded and diced
- ¼ cup dry white wine
- 1 teaspoon balsamic vinegar
- 1 teaspoon store-bought Cajun spice

Swordfish ingredients:

- 4 (6 to 8 ounce) swordfish filets
- ½ cup olive oil (any variety)
- 4 teaspoons store-bought Cajun spice

directions

Tomato-Garlic Relish

Preheat oven to 375 degrees Fahrenheit.

Place tomatoes in baking pan and drizzle with teaspoon of extra-virgin olive oil. Cook tomatoes in oven for 30 minutes, or until tender.

Remove tomatoes from oven and let cool, then peel the skins and squeeze out the seeds. Chop in large chunks and set aside.

In a pan over high heat, sauté the garlic and onions in the ¼ cup olive oil until slightly browned. Add the green pepper and sauté until tender.

Stir in wine and balsamic vinegar, loosening browned bits on the bottom of the pan. Add tomatoes and season to taste with Cajun spice.

Swordfish

Coat the swordfish with olive oil.

Rub the oiled filets with Cajun spice and sear both sides in a hot sauté pan for 2 to 3 minutes on each side or until the internal temperature has reached 140 degrees Fahrenheit for well done or 125 degrees for medium rare.

Top with warm Tomato-Garlic Relish and serve.