



Global Cuisine with a Conscience
Russell & Heather Thomas, Owners
www.twocookscateringonline.com

SWORDFISH WITH LENTILS

South Pacific Swordfish with Lentils and Market Vegetables

½ C French lentils
3 C vegetable stock (approximate)
3 tomatoes (skinned and chopped)
3 tbsp. olive oil
½ red onion (sliced)
3 cloves garlic (minced)
1 Japanese eggplant
1 or 2 carrots
1 tbsp. flat leaf parsley
sea salt and pepper to taste

Sauté onions and garlic in olive oil

Add eggplant and sauté for 3 minutes

Add lentils and begin to slowly add stock in small amounts as if you were making a risotto

When lentils begin to get tender, add the carrots

Continue to add stock as needed

Adjust seasoning and finish the dish with the tomatoes and herbs

Serve fish over the lentils and drizzle with a nice olive oil



*Two Cooks Catering is a proud supporter of the Central Coast Grown Program.
We use fresh, local produce and other ingredients in the food we make.*