

## Roasted Swordfish with Lentils



### Ingredients:

4 swordfish steaks  
4 strips bacon, chopped  
3 cloves of minced, roasted garlic  
1 yellow onion, chopped  
1 carrot, chopped  
2- 1/4 cups canned low-sodium chicken broth or homemade stock  
1 - 1/4 cups lentils  
1 cup tomato puree  
1 bay leaf  
1 tablespoon olive oil  
1 teaspoon salt  
1 teaspoon fresh-ground black pepper  
1/2 teaspoon dried thyme  
Zest and juice of one lemon

### Directions:

- 1) In a medium saucepan, cook the bacon until browned. Pour off and reserve all but 2 tablespoons of the fat from the pan. Add the onion, carrot, and garlic. Cook over moderate heat, frequently stirring, until tender, about 5 minutes.
- 2) Add the lentils, broth, tomatoes, 1/2 teaspoon of the salt, the thyme, and bay leaf. Bring to a boil, reduce the heat, cover and simmer until the lentils are just tender about 30 minutes. Discard the bay leaf and stir in the black pepper.
- 3) Heat the oven to 400°. Brush or spray the steaks lightly with oil and season with the salt and pepper. Arrange the steaks on a parchment-lined sheet pan and bake the steaks for 10 minutes.
- 4) To serve, spoon the lentils onto the center of a plate and place one of the swordfish steaks on top. Finish with lemon zest and a squeeze of juice.