

Swordfish Pasta Stir Fry

This fish recipe is full of flavor. It's higher in calories and WW points than some, but it will fill you up with the pasta, veggies and swordfish.

Recipe Type: Fish, Main Dish, Pasta

Degree of Difficulty: Moderately difficult

Ingredients

½ package Penne, Mostaccioli, or other medium pasta shape, uncooked (about 2 ½ cups dry)
1 Tbs cornstarch
2 8-oz. bottles clam juice, divided
2 Tbs vegetable oil
12 oz swordfish, cut into thin strips
3 Tbs minced fresh ginger root
5 cloves garlic, minced
8 oz sugar snap peas, trimmed
3 cups cherry tomatoes, cut in half
3 Tbs low-sodium soy sauce
Freshly ground black pepper to taste



Directions

- 1 Prepare pasta according to package directions.
- 2 While Pasta is cooking, whisk together the cornstarch and 2 tablespoons of the clam juice in a small bowl.
- 3 Add vegetable oil to a non-stick wok or large skillet.
- 4 Add swordfish and stir-fry over high heat until opaque and cooked through.
- 5 Remove and set aside.
- 6 Add the peas, ginger and garlic to the skillet and stir-fry for 1 minute.
- 7 Stir in the cornstarch mixture and the remaining clam juice. Simmer for 2 minutes.
- 8 When pasta is done, drain well.
- 9 Toss pasta with swordfish mixture.
- 10 Toss in tomatoes and soy sauce and stir gently until hot.
- 11 Season with pepper to taste and serve.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 588 calories, 14.5g total fat, 2.2g saturated fat, 66.3mg cholesterol, 934mg sodium, 79.1g carbohydrates, 6g fiber, 6.6g sugar, 32.9g protein.

Servings: 4

Weight Watchers Points

Note: The swordfish, clam juice and veggies are not included in the calculation of the FreeStyle SmartPoints. All other points do not include the vegetables.

Orig. WW Pts: 11

Points Plus: 14

Smart Points: 15

FreeStyle Smart Points: 9

Tips

You can use any large pasta noodle for this recipe.

This recipe states that it serves 4 but we had leftovers (with 3 big eaters). My guess is it will serve 6.