

ROSEMARY, LEMON AND GARLIC SWORDFISH



DIFFICULTY
EASY



TIME
1 HOUR



SERVES
4

INGREDIENTS

- 4 center-cut swordfish steaks, about 6 ounces each, one-inch in thickness
- Salt and freshly ground pepper to taste
- 3 Tbsp olive oil
- Zest and juice of one lemon
- 1 Tbsp chopped fresh rosemary or 1 tsp dried rosemary
- 1 Tbsp finely chopped garlic (about 3 cloves)
- 1 tsp ground cumin
- ¼ tsp red pepper flakes
- ½ tsp ground black pepper
- ½ tsp salt + more to taste
- Lemon wedges for serving

DIRECTIONS

1. Preheat a charcoal grill or broiler.
2. Get a flat, deep dish large enough so that the swordfish fillets can lay at a single level. Add the olive oil, lemon juice and zest, rosemary, garlic, cumin and red pepper flakes. Blend well. Place fish steaks in marinade, coat well on both sides and let it marinate for 30-45 minutes.
3. If the swordfish is to be cooked on a grill (or grill pan), place the fish onto grill and cook for 4-5 minutes. Turn and cook for 3 minutes more. It is okay if it is slightly pink in the center as the cooking will carry over for another 5 minutes. If it is to be cooked under a broiler, place fish on a rack and cook for 4 minutes on each side.

NUTRITION FACTS PER SERVING

Calories: 362 **Fat:** 19.5g (**Saturated Fat:** 4g) **Carbohydrates:** 1.6g **Fiber:** 0.5g **Sugar:** 0g
Protein: 43.5g **Sodium:** 488mg



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