



Sicilian Seared Swordfish Steaks with Salmoriglio

Preparation Time: 10 mins Cooking Time: 8 minutes

Serves: 4

Difficulty: Easy

INGREDIENTS

4 x 200-225gm/8 oz swordfish steaks
approx. 2cm/.08" thick
Olive oil
Sea salt and freshly ground pepper

Salmoriglio

6 tablespoons extra virgin olive oil
3 tablespoons of water
1 ½ teaspoons fresh lemon juice
1 garlic clove, finely chopped
1 tablespoon chopped oregano
1 tablespoon chopped celery tops
1 tablespoon chopped flat leaf
parsley

DIRECTIONS

Making Salmoriglio

1. In a bowl, whisk olive oil and water together until thick and creamy
2. Add lemon juice and some salt, and whisk together
3. Stir in garlic, oregano, celery tops, and parsley
4. Set aside

Swordfish

5. Heat cast iron or heavy pan on high until smoking hot then reduce to medium-high
6. Brush the swordfish generously with olive oil and season well with salt and pepper
7. Cook over medium-high heat for 4 minutes on each side

Serving

Dress with the salmoriglio