

Baked Swordfish with Dill Sauce

Ingredients

1 1/2 lb Swordfish Steaks
Salt
White Pepper
1 tsp Oil
1 tsp Lemon Juice

Dill Sauce:

1/2 cup Sour Cream
1/2 cup Plain Yogurt
2 tbsp Mayonnaise
2 tbsp minced Dill, fresh
1 tsp Dijon Mustard
Dash of Hot Pepper Sauce
Salt & Pepper

Directions

Season fish lightly with salt & white pepper. Combine oil and lemon juice. Brush mixture on both sides of fish. Place steaks on lightly oiled baking dish.

Bake at 450° for 10 minutes per inch of thickness, or until fish flakes easily with a fork. Serve with Dill Sauce.

Sauce: Combine sour cream, yogurt, mayonnaise, dill, mustard and hot pepper sauce. Add salt & pepper to taste. Blend well. Allow to stand for at least 30 minutes for flavors to blend. Refrigerate up to 24 hours.

Serve at room temperature. Makes about 1 cup.

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