

Seared Swordfish w/ Mango Salsa

Ingredients

2 Fresh Swordfish Steaks
1 tbsp Olive Oil
Salt & Freshly Ground Black Pepper
1 Mango, peeled & chopped
2 Spring Onions, thinly sliced
1 red chili, deseeded & finely
chopped
Zest & Juice from 1/2 Lime
Coriander Leaves

Directions

Preheat grill to medium-high heat. For Salsa: Toss together mango, onions, chili, lime zest & juice & coriander.

Rub oil over fish & season with salt and pepper. Grill for 3 minutes per side until cooked through.

Serve grilled fish with mango salsa.

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