

Swordfish with Lemon, Butter, Caper & Dill Sauce

Ingredients

1 lb Swordfish loin
1/2 tbsp oil
1/2 tbsp butter
Salt and pepper to taste
1 shallot, chopped
2 cloves garlic, chopped
1/2 cup white wine
2 tbsp capers
1 tbsp butter, melted
1 lemon, zest & juice
2 tbsp dill (or parsley), chopped

Directions

Heat oil and melt butter in a pan. Season fish with salt and pepper. Add swordfish to the pan and cook until lightly golden brown on both sides, about 5 minutes per side or until fish is done.

Meanwhile, add the shallots to a pan and sauté until tender, about 3-5 minutes. Add the garlic and sauté until fragrant, about 1 minute. Add white wine and deglaze the pan. Simmer to reduce the sauce a bit. Turn off the heat and add capers, butter, lemon and dill.

Serve sauce with fish. Enjoy!

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