Pan Roasted Swordfish with Mixed Peppercorn Butter

Ingredients:

4 ea Swordfish Steaks
1/4 cup butter, room temperature
2 tsp chopped fresh parsley
1 garlic clove, minced
1/2 tsp ground mixed peppercorns, plus more for sprinkling
1/2 tsp packed grated lemon peel
1 tbsp olive oil

Directions

Preheat oven to 400°. Mash butter, parsley, garlic, 1/2 tsp ground mixed peppercorns and lemon peel in small bowl. Season to taste with salt.

Heat oil in heavy large ovenproof skillet over medium-high heat. Sprinkle swordfish with salt and ground peppercorns. Add fish to skillet. Cook until browned, about 3 minutes. Turn fish over and transfer to oven. Roast until just cooked through, about 10 minutes longer. Transfer fish to plates. Add seasoned butter to same skillet. Cook over medium-high heat, scraping up browned bits, until melted & bubbling. Pour butter sauce over fish and serve.

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