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Grilled Swordfish with Watercress Salad

Serves 2 People



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Items You Will Need

2 Pieces	6-7oz Swordfish Filets
¼ Cup	Pure Olive Oil
1 tsp	Salt & Black Pepper Mix (3 parts Kosher Salt / 1 part Black Pepper)
1 TBSP	Fresh Basil (Julienne)
1 TBSP	Lemon Oil
1 tsp	Lemon Zest

Accompaniments

1 Cup	Watercress Salad (Lightly dressed with Olive Oil, Lemon Juice, Salt & Pepper)
8 oz	Sautéed Baby Rainbow Carrots

Directions To Make

- Season the Swordfish Filets with Salt & Pepper Mix.
- Drizzle the Olive Oil over the Swordfish to completely coat the filets.
- Allowing the Swordfish to marinate with this mixture, prepare other ingredients to complete your dish.
- Pre-heat your grill on high.
- Once the Grill is ready, reduce to medium flame and lay the Swordfish on the grill. Allow to sear for 2 Minutes and gently turn the Swordfish Filet 90°.
- Allow to cook for an additional 2 Minutes and gently turn the Filets over. Follow the same procedure as above for a total cook time of 8 Minutes.
- While the Swordfish is in the final stages of cooking, prepare the other ingredients to complete your dish.
- Remove the Swordfish from the grill and prepare the plate.

Steps to Plating

- Prepare the Watercress Salad or other light accompaniment.
 - Lay the Salad on the plate and set the Swordfish on the edge.
 - Place the prepared vegetables next to the Swordfish.
 - Sprinkle the Fresh Basil around each piece of Swordfish and drizzle with the Lemon Oil.
 - Finish the Swordfish Filets with a sprinkle of Freshly Grated Lemon Zest.
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