

Broiled Dill and Ginger Swordfish

Total time: 40-45 min

Prep time: 10 min

Inactive time: 20 min

Cook time: 10-15 min

Servings: 2

Ingredients:

Two 4oz swordfish filets

Tomato and Cucumber Salsa:

3 small English cucumbers
1/2 cup cherry or grape tomatoes
1 tablespoon fresh dill, finely chopped
1 tablespoon fresh ginger, minced
1 teaspoon crushed garlic
juice of 1/2 lemon
zest of 1/2 lemon
1 tablespoon olive oil
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper

Swordfish Marinade:

1 teaspoon garlic, minced
1 tablespoon fresh ginger, minced
2 tablespoons fresh dill, roughly chopped
1 tablespoon olive oil
2 lemons, juiced
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Instructions:

Make the Salsa:

Quarter the tomatoes and place in a small colander and sprinkle with 1/4 teaspoon of salt. Place in the sink or over a bowl and let them drain while you prepare the rest of the ingredients.

Peel the cucumbers and slice lengthwise into thin strips, then chop the strips crosswise into small cubes. Place into a medium glass bowl.



Peel and mince garlic and ginger, adding to bowl.

Finely chop the fresh dill and add along with the lemon juice, lemon zest, olive oil, ground pepper, and remaining 1/4 teaspoon salt.

Add the tomatoes stir until combined.

Adjust salt and pepper to taste, then place in the refrigerator to let the flavors develop.

Mix the Marinade:

Combine the minced garlic, minced ginger, fresh dill, olive oil, lemon juice, salt, and pepper in a quart size plastic baggie or small glass dish with a lid.

Add the swordfish and mix to cover in the marinade.

If using a baggie, squeeze out as much air as possible.

Place the fish in the refrigerator for 20 minutes, turning it over half way through.

Once the fish has marinated for about 15 minutes, turn on your broiler prepare your broiler pan with non-stick spray.

After 20 minutes of marinade, remove the fish and place on the broiler pan.

Broil for 4 minutes, then turn and broil for another 3-5 minutes or until done.

Carefully remove the swordfish to your serving plates.

Adjust the salt and pepper for the salsa to taste, spoon over the swordfish and serve.