



## SEARED SWORDFISH STEAKS

**Tip.** To ensure steaks cooks more evenly, remove from fridge 20 minutes prior to cooking to bring to room temp.



### PAN METHOD

Heat a large cast-iron or heavy-based frying pan over medium to high heat. When the ghee is smoking, add the swordfish.

Reduce heat to medium and caramelize fish well on one side.

Transfer the pan to the oven for 4 minutes. This cooking time is suited to a swordfish steak that is approximately 2cm thick and about 200-250g.

Remove the fish from the oven and rest for 1 minute. Season with lemon juice, olive oil, salt and pepper.

### BBQ METHOD

Cook on the BBQ grill on medium to high heat.

Brush the steaks with oil and cook for 2-3 minutes each side.

The flesh should be slightly translucent in the middle once cooked (medium).