

Marinated Swordfish Steaks

-this recipe can be used on any type of “meaty” fish or even poultry! The portion amount may vary however, so please check with C- first.

Yields: eighteen 2 unit portions protein (2 oz.)
twelve 3 unit portions protein (3 oz.)
nine 4 unit portions protein (4 oz.)
seven 5 unit portions protein (5 oz.)

Ingredients:

1/3 cup Fresh Cilantro, chopped
3 Tbsp. Fresh Lemon Juice
2 tsp. Light Olive Oil
1 tsp. Ground Coriander
1 tsp. Ground Cumin
1 tsp. Paprika
1/4 tsp. Ground Ginger (or 1 1/4 tsp. Fresh Minced Ginger)
2 Garlic Cloves, minced
6 (6 oz.) Swordfish Steaks
3/4 tsp. Kosher Salt
1/4 tsp. Ground Black Pepper
Olive Oil Cooking Spray
6 Lemon Wedges

Directions:

Step 1: Combine the first 8 ingredients (thru garlic) in a large zip-lock bag. Add the fish to the bag; seal and marinate in the refrigerator for at least 1 hour, turning occasionally.

Step 2: Prepare Grill or Grill pan by spraying it with Olive Oil Spray before heating. Heat on medium-high.

Step 3: Remove fish from the bag and discard the marinade. Sprinkle the fish with the salt & pepper evenly. Place on the hot grill; cook for about 5 minutes on each side, or until fish flakes easily when tested with a fork.

Step 4: Serve warm with a lemon wedge.