



GRILLED SWORDFISH STEAKS

READY IN:
1hr 20mins

SERVES:
4

UNITS:
US

INGREDIENTS

- 2 swordfish steaks, about 1 inch thick
- salt & freshly ground black pepper
 - Dijon mustard
 - 4 tablespoons olive oil
 - 1 fresh lemon, juice of
 - bay leaf
 - Chopped dill
 - lemon wedge

DIRECTIONS

1. Place steaks in shallow pan or baking dish.
2. Season with salt & pepper.
3. Coat both sides with mustard.
4. Combine juice with oil & pour over fish.
5. Dot with leaves & dill; let marinade for at least an hour.
6. Cook on hot coals for 8 minutes.
7. Turn & baste with remaining marinade.
8. Grill for another 6-8 minutes or until cooked through.
9. Garnish with lemon wedges.