



GRILLED SWORDFISH STEAKS

READY IN:
1hr 20mins

SERVES:
4

UNITS:
US

INGREDIENTS

- **2swordfish steaks, about 1 inch thick**
- **salt & freshly ground black pepper**
 - **Dijon mustard**
 - **4 tablespoons olive oil**
 - **1fresh 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.