



Grilled Marinated Swordfish

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

A quick swordfish marinade made with white wine lemon juice and soy sauce adds delicious flavor to the fish when its grilled Serve the grilled steaks with lemon wedges

Ingredients

- - ? cup white wine - ¼ cup lemon juice - 2 tablespoons soy sauce - 2 tablespoons olive oil - 4 cloves garlic - 1 tablespoon poultry seasoning - ¼ teaspoon salt - ? teaspoon pepper - 4 swordfish steaks - 1 tablespoon chopped fresh parsley (Optional) - 4 slices lemon
- for garnish (Optional)

Instructions

1. To make the marinade: Mix wine
2. lemon juice
3. soy sauce
4. olive oil
5. garlic
6. poultry seasoning
7. salt
8. and pepper in a glass baking dish until combined. Lay swordfish steaks in marinade; turn to coat. Refrigerate for 1 hour
9. turning frequently. Preheat an outdoor grill for high heat and lightly oil the grate. Cook swordfish steaks on the preheated grill until cooked through and the fish flakes easily with a fork
10. 5 to 6 minutes per side; discard marinade. An instant-read thermometer inserted into the center of each steak should read at least 145 degrees F (63 degrees C). Garnish swordfish steaks with parsley and serve with lemon wedges. Editor's Note: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount of marinade consumed will vary.