



Easy Blackened Swordfish

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Easy

Servings

2

Description

This white fish is coated in a tasty seasoning blend and quickly blackened at high temperature to seal in the juices

Ingredients

— - 2 (6 ounce) fillets swordfish fillets - ¼ cup melted butter - 2 tablespoons Creole seasoning

Instructions

1. Heat a cast iron skillet over medium-high heat. Place melted butter in a shallow bowl. Dip fish into the butter and place on a plate. Sprinkle Creole seasoning on top of the fillets and pat it in. Place fish in the hot skillet and cook until just starting to blacken
2. but not burn
3. about 2 minutes. Flip and cook until blackened on the other side
4. about 2 minutes more.