

GRILLED SWORDFISH *with Tropical Fruit Salsa*

Serves 4

FOR THE FISH

¼ cup	Olive Oil
1 Tbs.	Dijon Mustard
½ each	Lime, juiced
1 Tbs.	Basil, chopped
To taste	Salt and Pepper
4 each	Swordfish Steaks

Combine the marinade ingredients.

*Pour over the swordfish steaks and marinate in the refrigerator for 2 hours.
Remove fish from marinade. Heat grill to medium heat and grill swordfish steaks for
5-7 minutes per side until desired doneness.*

FOR THE SALSA

½ cup	Mango, chopped
½ cup	Papaya, chopped
½ cup	Pineapple, chopped
2 Tbs.	Green Onions, sliced
2 Tbs.	Red onions, chopped finely
¼ cup	Red Bell Pepper, chopped
1 each	Jalapeno, diced finely
½ each	Lime, juiced
1 Tbs.	Olive Oil
1 tsp.	Sugar

Combine all salsa ingredients in a bowl, refrigerate until ready to use.

TO SERVE

*Place swordfish steak on plate spoon tropical salsa on top of fish, garnish with a sprig of cilantro.
Couscous salad or steamed jasmine rice would be a perfect accompaniment to the fish.*

JAMIE WEST ~ Executive Chef