



## Seared Florida Swordfish Steaks with Arugula and Peach Salsa

### Ingredients

- 2 Large peaches, pit removed and diced small
- 1 Lime, juiced
- ½ Red onion, diced small
- ¼ Cup cilantro, chopped
- 2 Tablespoons olive oil
- 4 6-ounce swordfish steaks
- 10 Ounces arugula
- 1 Lemon, juiced
- Sea salt and fresh ground pepper to taste

### Preparation

In a small mixing bowl, combine diced peaches, lime juice, diced red onion, cilantro, and 1 teaspoon olive oil. Stir ingredients to combine. Taste salsa and adjust seasoning with salt and pepper. Keep refrigerated until use.

Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the sauté pan. Lightly season both sides of the swordfish steaks with salt and pepper. Carefully add the seasoned swordfish steaks to the sauté pan and cook for about 3 minutes on each side or until swordfish is cooked throughout. Remove swordfish from pan and let drain on a paper towel.

In a medium-sized mixing bowl add the arugula, lemon juice and a drizzle of olive oil. Toss the arugula to coat and season lightly with salt and pepper.

To serve, place an even amount of arugula on each of the four plates. Place a swordfish steak on top of the arugula on each plate. Top the swordfish steaks with an even amount of peach salsa. Serve immediately.

### Yield

4 servings



## Florida Swordfish Sliders

### Ingredients

- 2 Tablespoons low-fat mayonnaise
- ½ Lemon, juiced
- 2 Teaspoons blackened seasoning
- 4 3-ounce swordfish steaks, skinless
- 4 Leaves romaine lettuce leaves
- 1 Large tomato, sliced
- ½ Small red onion, sliced
- 4 Small rolls, toasted
- 4 Grape tomatoes, for garnish
- Oil for cooking

### Preparation

In a small mixing bowl, combine mayonnaise, lemon juice, and 1 tablespoon of the blackened seasoning. Stir to combine and store in the refrigerator until needed. Preheat a medium-sized sauté pan over medium heat. Use 1 tablespoon of the blackened seasoning to season both sides of all four swordfish steaks. Add 1 tablespoon of oil to the preheated sauté pan. Carefully add the seasoned swordfish steaks to the sauté pan. Cook swordfish steaks for 2 or 3 minutes on both sides or until they are completely done. Remove swordfish steaks from pan and let them cool slightly on a paper towel. Make sliders by evenly layering the tomato, lettuce, and onion on each of the four rolls. Place the swordfish steaks on each of the buns and top with the mayonnaise sauce and roll top. Garnish each of the swordfish sliders with the grape tomatoes on a toothpick.

### Yield

2 to 4 servings



## Grilled Florida Swordfish with Mango Citrus Salsa

### Ingredients

- 1 Cup pink grapefruit sections
- 1 Cup orange sections
- 1 Cup papaya cubes
- 1 Star fruit, diced
- 1 Cup mango cubes
- 1 Medium red onion, finely diced
- 1 Tablespoon fresh cilantro, chopped
- 1 Tablespoon mint, chopped
- 2 Tablespoons orange liqueur (optional)
- 4 6-ounce swordfish steaks, 1 ½ inch thick, skin removed
- 1 Tablespoon olive oil
- Sea salt and fresh ground pepper to taste
- Mint sprigs for garnish

### Preparation

Make the Mango Citrus Salsa by combining all ingredients except swordfish, oil, salt and pepper in a medium bowl. Mix well and set aside to let flavors blend. Brush swordfish steaks with olive oil then season with salt and pepper to taste. Grill steaks over medium-high heat for 4 minutes per side or until cooked through. To serve, spoon the Mango Citrus Salsa over the swordfish steaks and garnish with mint sprigs.

### Yield

4 servings