

# Lemon Garlic Swordfish Recipe

## Ingredients

### For the Lemon Garlic Mixture:

- 2 TB salted butter, softened to room temp
- 1 TB freshly chopped chives
- 2 TB garlic cloves, minced
- ⅛ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 1 TB juice from fresh lemon
- 1 TB grated lemon peel

### For the Fish:

- 2 TB olive oil
- 2 1-inch thick each swordfish fillets, about 6-7 oz each
- kosher salt and freshly ground black pepper

## Instructions

1. Preheat oven to 400F with rack on middle position. In a small pan, combine all Lemon Garlic Mixture ingredients and stir to fully combine. Set aside.
2. Use paper towels to pat-dry all excess moisture from the swordfish fillets. Evenly sprinkle both sides of fillets with pinches of kosher salt and freshly ground black pepper. Set aside.
3. In a large, oven-proof pan, heat the olive oil over medium high heat. Once oil is hot, add the swordfish fillets to pan and let cook until browned on one side, about 3 minutes (do not move fish around much.) Carefully flip fish fillets over to the other side, turn stove off, and immediately transfer pan into hot oven.
4. Let fish roast about 5-6 minutes or just until the top is golden and center is just cooked through. Take care not to overcook. A minute before fish is done cooking in oven, cook small pan of prepared lemon-garlic mixture over medium high heat, constantly stirring, just until melted and bubbly. Immediately turn heat off and pour mixture over the cooked fish. Be sure to pour on any juices from the swordfish pan as well.