

# LEMON ROSEMARY SWORDFISH



## SERVING SIZE

4



## INGREDIENTS

### ITEM

Swordfish, Cut Into 1-inch Thick Pieces  
Garlic Cloves, Chopped  
Lemon, Juice And Zest  
Olive Oil  
Sprig Rosemary, Finely Chopped  
Salt

### QUANTITY

1 Lb.  
3  
1  
1½ Tbsp.  
1 (1 Tbsp)  
Pinch



## PREPARATION

- In a small bowl, mix together garlic, lemon juice, lemon zest, olive oil, rosemary, and a pinch of salt to make the marinade.
- Place swordfish pieces in a shallow dish and pour the marinade over them. Let it sit for 10-15 minutes.
- Heat a non-stick skillet or grill pan over medium heat.
- Add swordfish and cook 3-4 minutes per side, or until the fish is cooked through and lightly golden.
- Remove from heat and spoon any remaining marinade over the top.
- Serve warm and enjoy!