

Sicilian Grilled Swordfish with Greens

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Recipe source: Ina Garten via [Food Network](#)



INGREDIENTS:

- 2 tablespoons freshly squeezed lemon juice
- 1/4 cup good olive oil
- 2 teaspoons minced fresh oregano leaves or 1 teaspoon dried oregano
- Pinch of crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 6 (1/2-inch-thick) swordfish steaks (5 to 6 ounces each)
- 4 ounces baby arugula or other salad greens
- Grated zest of 1 lemon

DIRECTIONS:

- Light a charcoal grill or preheat a gas or stovetop grill until very hot.
- For the sauce, whisk together the lemon juice, olive oil, oregano, red pepper flakes, 1 tablespoon salt, and 1 teaspoon black pepper. Set aside.
- When the grill is ready, sprinkle the fish with salt and pepper and cook over medium-high heat for 2 minutes on one side, then turn and cook for 1 to 2 minutes on the other side until almost cooked through.
- Remove to a flat dish, prick holes in the fish with the tines of a fork, and pour the lemon sauce over the fish while it is still hot. Sprinkle with salt and pepper, cover with aluminum foil, and allow to rest for 5 minutes.
- When ready to serve, place the swordfish on dinner plates or a serving platter, pile the arugula on top, drizzle with the sauce from the fish, and sprinkle with the grated lemon zest. Serve warm.

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