



Fire Roasted Swordfish Steak with Pineapple-Mustard Glaze with Cilantro Chimichurri and Grilled Pineapple Salsa and Pickled Green Chiles



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



901 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.8 cup cilantro leaves finely chopped



3 tablespoons dijon mustard



3 cloves garlic finely chopped



1 tablespoons ginger root peeled finely chopped



6 jalapeño chiles dried washed well

- ☐ 2 tablespoons kosher
- ☐ 0.5 cup brown sugar light packed
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons olive oil salt and pepper freshly ground
- ☐ 4 servings olive oil
- ☐ 2 pickled serranos thinly sliced
- ☐ 2 jalapeño peppers thinly sliced
- ☐ 1 small pineapple cored peeled sliced into 1/ slices
- ☐ 3 cups pineapple juice
- ☐ 2 cups red wine vinegar
- ☐ 3 tablespoons rice wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings salt and pepper to taste
- ☐ 4 servings salt and pepper white freshly ground
- ☐ 4 scallions white green thinly sliced
- ☐ 6 serrano chiles dried whole washed well
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sugar
- ☐ 24 ounce swordfish fillets
- ☐ 1 cup citrus champagne vinegar

Equipment

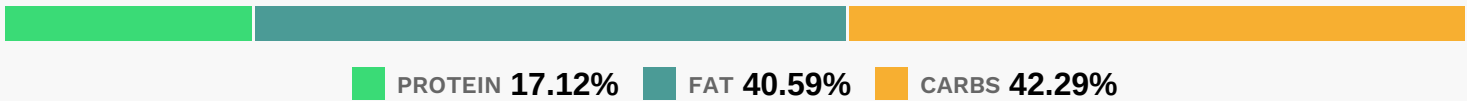
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat the grill to medium-high.

- ☐ Brush fish with olive oil and season with salt and pepper on both sides. Grill on one side until lightly golden brown, about 2 minutes, brush with some of the Pineapple Mustard Glaze. Flip over, brush with more of the Pineapple Mustard Glaze and continue grilling for 4 to 5 minutes, for medium doneness.
- ☐ Remove from the grill, brush with more of the Pineapple Mustard Glaze, place a tablespoon of the Cilantro Chimichurri on top of the fish, and serve Grilled Pineapple Salsa and Pickled Green Chiles alongside or on top.
- ☐ Combine the pineapple juice, vinegar, soy sauce, ginger, and brown sugar in a medium saucepan and bring to a boil. Reduce the heat to low and simmer until the volume is reduced by half, about 30 minutes.
- ☐ Add the mustard and cook an additional 2 minutes.
- ☐ Remove from the heat and add the lime juice, and white pepper.
- ☐ Let cool.
- ☐ Combine all ingredients in a small bowl and season with salt and pepper.
- ☐ Grill the pineapple on both sides until lightly golden brown.
- ☐ Remove from the grill and cut into 1/4-inch dice.
- ☐ Combine in a bowl with the remaining ingredients and season with salt and pepper, to taste.
- ☐ Place vinegar, salt and sugar in a small saucepan and bring to a boil. Continue boiling until the sugar and salt are completely dissolved.
- ☐ Place the chiles in a glass jar or nonreactive bowl and pour the hot vinegar mixture over.

Nutrition Facts



Properties

Glycemic Index:103.19, Glycemic Load:30.83, Inflammation Score:-9, Nutrition Score:46.309565088023%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin:

5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 901.11kcal (45.06%), Fat: 40.04g (61.6%), Saturated Fat: 6.64g (41.53%), Carbohydrates: 93.83g (31.28%), Net Carbohydrates: 87.51g (31.82%), Sugar: 74.97g (83.3%), Cholesterol: 112.26mg (37.42%), Sodium: 6604.67mg (287.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38g (76%), Vitamin C: 164.31mg (199.16%), Manganese: 3.43mg (171.68%), Vitamin D: 23.64µg (157.62%), Selenium: 103.03µg (147.19%), Vitamin B6: 1.59mg (79.52%), Vitamin B3: 15.72mg (78.62%), Vitamin K: 60.41µg (57.54%), Vitamin E: 8.56mg (57.09%), Phosphorus: 532.47mg (53.25%), Vitamin B12: 2.89µg (48.19%), Potassium: 1514.63mg (43.28%), Magnesium: 130.68mg (32.67%), Vitamin B1: 0.47mg (31.49%), Copper: 0.58mg (28.86%), Fiber: 6.32g (25.29%), Folate: 99.32µg (24.83%), Iron: 4.33mg (24.04%), Vitamin A: 1131.95IU (22.64%), Vitamin B2: 0.27mg (16.06%), Vitamin B5: 1.46mg (14.57%), Calcium: 139.11mg (13.91%), Zinc: 1.99mg (13.27%)