

food
network

 100%
HEALTH SCORE

Fishy Mixed Grill: Swordfish Kabobs with Garlic and Lemon, Tuna Steaks with Orange and Rosemary

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons aged balsamic vinegar
- ☐ 2 pounds tuna steak
- ☐ 1 can flat fillets of anchovies drained chopped
- ☐ 1 cup basil leaves
- ☐ 0.5 cup cherry peppers hot chopped
- ☐ 4 servings cherry peppers hot

- ☐ 4 servings coarse salt
- ☐ 4 servings coarse salt and pepper black
- ☐ 5 cups day-old crusty bread cubed
- ☐ 1 handful a flat-leaf parsley generous
- ☐ 8 large cloves garlic
- ☐ 1 bell pepper green seeded chopped
- ☐ 1 juice of lemon juiced
- ☐ 2 lemons
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 2 oranges
- ☐ 4 servings coarse pepper black
- ☐ 4 plum tomatoes cubed
- ☐ 1 small onion red chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 roasted peppers red drained chopped
- ☐ 6 sprigs rosemary finely chopped
- ☐ 4 scallions chopped
- ☐ 2 pounds swordfish steak trimmed
- ☐ 1 cup a combination green pitted
- ☐ 1 cup a combination green pitted

Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ cutting board

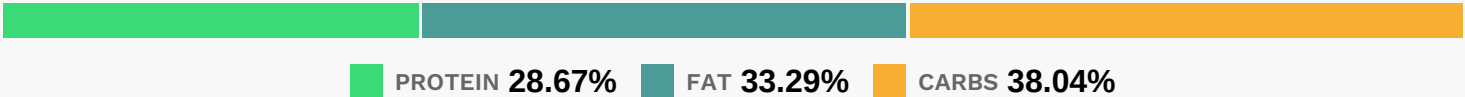
- ☐ metal skewers

Directions

- ☐ Preheat grill pan or outdoor grill to medium high heat.
- ☐ Cube swordfish into generous bite-size chunks. Zest 2 lemons and pile zest on cutting board.
- ☐ Add 4 cloves garlic to zest and chop garlic.
- ☐ Add about a teaspoon of coarse salt to garlic and lemon and combine with flat part of the knife. Chop parsley and mix into garlic and salt.
- ☐ Add a generous amount of coarse black pepper to the pile and mix together with your finger tips. Coat the swordfish in a few tablespoons evoo enough to coat it evenly, just eyeball it. Slather the lemon zest and garlic mixture all over the fish. The evoo will make it stick. Pile the cubes onto metal skewers, it should fill 2 (12-inch) skewers. Set the fish aside for 10 to 15 minutes.
- ☐ Cut up 1 of the zested lemons into wedges and reserve.
- ☐ Cut tuna steak into 6 small portions.
- ☐ Combine the zest of 2 oranges with the remaining 4 cloves garlic and chop.
- ☐ Add chopped rosemary to garlic and orange zest and combine with flat of knife.
- ☐ Add about 1/2 teaspoon coarse salt and about 1 teaspoon coarse black pepper to the mix.
- ☐ Place a few tablespoons balsamic vinegar and 1/4 cup evoo into a shallow dish.
- ☐ Add the orange-rosemary mixture and mix together.
- ☐ Add the fish and coat evenly in dressing and let stand 10 to 15 minutes. Peel oranges and slice into disks.
- ☐ Throw together a salad, such as Panzanella with The Works, below, then go back to the fish.
- ☐ When you are ready to eat, grill swordfish skewers 3 minutes on each side, 6 minute total. Slide from skewers and squeeze lemon juice over the fish. Cook tuna steaks 2 to 3 minutes on each side for pink, medium-rare fish, 4 minutes on each side for fully cooked fish.
- ☐ Serve tuna with sliced oranges alongside and scatter scallions over both. Each person should end up with 4 or 5 cubes of swordfish and 1 small tuna steak.
- ☐ Serve with salad.
- ☐ Combine all the salad ingredients in a large bowl and dress salad with lemon juice, red wine vinegar, evoo, and a splash of the hot pepper juice, then season with salt and pepper, to your

taste.

Nutrition Facts



Properties

Glycemic Index:134.88, Glycemic Load:124.97, Inflammation Score:-10, Nutrition Score:79.51739137069%

Flavonoids

Eriodictyol: 11.9mg, Eriodictyol: 11.9mg, Eriodictyol: 11.9mg, Eriodictyol: 11.9mg Hesperetin: 34mg, Hesperetin: 34mg, Hesperetin: 34mg, Hesperetin: 34mg Naringenin: 10.86mg, Naringenin: 10.86mg, Naringenin: 10.86mg, Naringenin: 10.86mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 1906.23kcal (95.31%), Fat: 70.55g (108.53%), Saturated Fat: 21.58g (134.87%), Carbohydrates: 181.35g (60.45%), Net Carbohydrates: 168.05g (61.11%), Sugar: 27g (30%), Cholesterol: 232.78mg (77.59%), Sodium: 3032.68mg (131.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 136.67g (273.34%), Vitamin B12: 25.24µg (420.62%), Selenium: 229.42µg (327.74%), Vitamin B3: 47.98mg (239.89%), Vitamin B1: 3.01mg (200.89%), Vitamin B2: 2.5mg (147.24%), Vitamin C: 116.11mg (140.73%), Vitamin B6: 2.64mg (131.79%), Phosphorus: 1309.01mg (130.9%), Vitamin A: 6401IU (128.02%), Zinc: 16.81mg (112.06%), Iron: 19.93mg (110.7%), Folate: 437.82µg (109.45%), Manganese: 2.03mg (101.31%), Vitamin D: 13.15µg (87.69%), Vitamin K: 90.48µg (86.17%), Magnesium: 297.84mg (74.46%), Potassium: 2146.25mg (61.32%), Fiber: 13.3g (53.2%), Copper: 1.05mg (52.57%), Vitamin E: 6.48mg (43.18%), Vitamin B5: 3.93mg (39.31%), Calcium: 310mg (31%)