



Griddled swordfish with pineapple & chilli salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g loin of swordfish (or 4 steaks, 180g each)
- ☐ 120 ml olive oil for salsa
- ☐ 2 tbsp sesame oil
- ☐ 2 juice of lime
- ☐ 2 large garlic clove crushed
- ☐ 1 sprig rosemary leaves fresh
- ☐ 1 small shallots chopped

- ☐ 2 large pepper flakes red
- ☐ 1 stick lemon grass fresh
- ☐ 4 spring onion peeled roughly chopped
- ☐ 1 small piece ginger fresh diced peeled
- ☐ 10 large coriander leaves
- ☐ 8 large basil
- ☐ 1 medium pineapple fresh ripe

Equipment

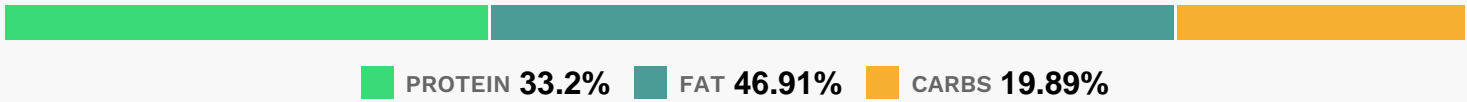
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Trim the swordfish of any fatty layers and cut out any bloodstained flesh or ask your fishmonger to do this for you.
- ☐ Cut into 4 chunky steaks (about 2cm thick). The thickness must be even for a perfect 'cuisson' (a chefs term for 'doneness').
- ☐ In a shallow dish, mix 120ml oil, 1 tbsp sesame oil, juice of 1 lime, 1 lightly crushed garlic clove, 2 good pinches of salt and the rosemary.
- ☐ Put the fish steaks into the marinade, cover and chill from 1 hr to a day until ready to cook, turning them once or twice.
- ☐ For the salsa, peel and dice the pineapple and put two thirds of the diced flesh into a blender or food processor with 1 tsp salt, the shallot, 2 tbsp olive oil and the remaining sesame oil. Whizz until smooth.
- ☐ Slit the chillies open and remove seeds. Chop the flesh. Peel the lemongrass; cut the stalk into strips then dice.

- ☐ Place the chillies, lemongrass, 1 garlic clove and lime juice into a large mortar. Roughly crush, then work the onions and ginger in to form a paste.
- ☐ Finely chop the coriander leaves and shred the basil leaves.
- ☐ Add to the chilli mixture, then mix with the pineapple pure and the extra pineapple dice. Put in a bowl and pour over the remaining 1 tbsp oil. Cover and chill for up to a day.
- ☐ To cook the swordfish, heat a grill or griddle pan until really hot.
- ☐ Drain the steaks from the marinade and place on the griddle. Watch the flesh change from translucent to pale cream the cuisson 1 min. Turn the steaks and cook for 1 more min no more!
To serve, arrange the cherry tomatoes, cucumber pappardelle and roasted lettuce on plates.
- ☐ Drizzle over the salsa and top with the swordfish.

Nutrition Facts



Properties

Glycemic Index:70.17, Glycemic Load:16.89, Inflammation Score:-9, Nutrition Score:48.285217533941%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 752.76kcal (37.64%), Fat: 39.72g (61.11%), Saturated Fat: 6.58g (41.12%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 33.48g (12.17%), Sugar: 24.73g (27.48%), Cholesterol: 158mg (52.67%), Sodium: 127.83mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.25g (126.5%), Vitamin C: 162.71mg (197.22%), Manganese: 2.63mg (131.54%), Vitamin B3: 23.36mg (116.81%), Vitamin B6: 1.95mg (97.74%), Vitamin K: 86.89µg (82.75%), Vitamin B2: 1.18mg (69.19%), Phosphorus: 611.23mg (61.12%), Vitamin B12: 3.66µg (61%), Iron: 10.92mg (60.66%), Vitamin B1: 0.81mg (53.77%), Zinc: 7.91mg (52.7%), Copper: 0.82mg (40.88%), Selenium: 28.09µg (40.12%), Potassium: 1341.45mg (38.33%), Vitamin E: 5.62mg (37.48%), Magnesium: 118.5mg (29.62%), Vitamin B5: 2.33mg (23.25%), Folate: 85.68µg (21.42%), Fiber: 4.42g (17.68%), Vitamin A: 662.36IU (13.25%), Calcium: 95.97mg (9.6%)