



Grilled Swordfish with Potato-Chorizo Salad

READY IN



85 min.

SERVINGS



6

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 stalks celery with leaves, sliced
- ☐ 0.3 cup parsley and/or chives fresh chopped
- ☐ 4 ounces chorizo dried diced
- ☐ 0.3 teaspoon cumin seeds chopped
- ☐ 0.5 teaspoon cumin seeds chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 cloves garlic smashed
- ☐ 1 teaspoon honey
- ☐ 0.5 juice of orange

- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 servings pepper freshly ground
- ☐ 0.3 cup piquillo peppers sliced
- ☐ 1.5 pounds red-skinned potatoes thinly sliced
- ☐ 1 tablespoon sherry vinegar
- ☐ 2 tablespoons sherry vinegar
- ☐ 36 ounce skin-on swordfish steaks 1/
- ☐ 6 servings vegetable oil for brushing

Equipment

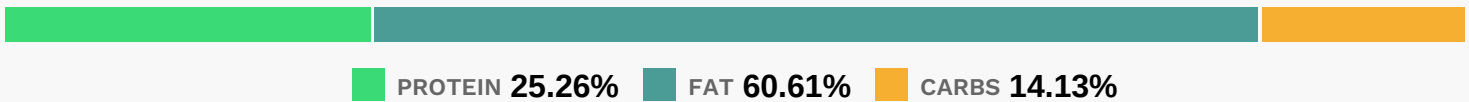
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Whisk the garlic, olive oil, orange juice, vinegar, honey, thyme, cumin seeds, 1/2 teaspoon salt and a few grinds of pepper in a large bowl.
- ☐ Add the fish and turn to coat. Cover with plastic wrap and refrigerate 1 hour.
- ☐ Put the potatoes in a pot and cover with cold water; season with salt. Bring to a boil and cook over medium-high heat until tender, about 20 minutes; drain. Toast the cumin seeds in a medium skillet over medium heat, about 1 minute; transfer to a large bowl.

- ☐ Add the olive oil and chorizo to the skillet and cook until the chorizo just begins to sizzle,about 3 minutes.
- ☐ Remove the chorizo with a slotted spoon and drain on paper towels.
- ☐ Remove the skillet from the heat; reserve the drippings.
- ☐ Add the vinegar and herbs to the bowl with the cumin, then whisk in the chorizo drippings.
- ☐ Add the celery, piquillo peppers, potatoes and chorizo; toss. Season with salt and pepper.
- ☐ Preheat a grill to high; brush the grates lightly with vegetable oil.
- ☐ Place the swordfish on the grill and brush with some of the marinade from the bowl. Grill until marked on the bottom, about 5 minutes. Flip and continue grilling until just cooked through, about 4 more minutes. Divide among plates and drizzle with olive oil.
- ☐ Serve with the potato salad.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:31.207391344983%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 623.93kcal (31.2%), Fat: 41.65g (64.08%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 19.41g (7.06%), Sugar: 3.41g (3.79%), Cholesterol: 124.08mg (41.36%), Sodium: 590.86mg (25.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.06g (78.11%), Vitamin D: 23.64µg (157.62%), Selenium: 98.61µg (140.88%), Vitamin B3: 14.63mg (73.16%), Vitamin B6: 1.16mg (58.16%), Phosphorus: 515mg (51.5%), Vitamin B12: 2.89µg (48.19%), Vitamin K: 45.85µg (43.67%), Vitamin E: 6.34mg (42.29%), Potassium: 1313.48mg (37.53%), Vitamin C: 20.98mg (25.42%), Magnesium: 80.18mg (20.04%), Vitamin B1: 0.24mg (15.68%),

Iron: 2.47mg (13.73%), Manganese: 0.27mg (13.59%), Copper: 0.24mg (12.15%), Vitamin A: 570.22IU (11.4%), Zinc: 1.58mg (10.55%), Vitamin B5: 0.99mg (9.91%), Fiber: 2.44g (9.77%), Folate: 34.54µg (8.63%), Vitamin B2: 0.15mg (8.55%), Calcium: 38.55mg (3.85%)