

DINNER

Mango Marinated Seared Swordfish with Tropical Fruit Salsa

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	15 min	70 min	4	\$6.04	546 kcal

Mango Marinated Seared Swordfish with Tropical Fruit Salsa is a main course that serves 4. Watching your figure? This gluten free, dairy free, whole 30, and pescatarian recipe has 546 calories, 35g of protein, and 29g of fat per serving.

Ingredients

☐ 2 tablespoons balsamic vinegar☐ 3 tablespoons canola oil☐ 30 ounce tropical fruit salad, drained
canned☐ 1 teaspoon ground nutmeg☐ ½ lime, juiced☐ 4 servings Kosher salt and freshly ground black
pepper☐ ¼ teaspoon crushed red pepper flakes☐ 24 ounce swordfish steaks☐ 2 tablespoons canola oil☐ 1 tablespoon fresh cilantro leaves☐ 1 teaspoon ground ginger☐ ½ small jalapeno, seeded and minced☐ 4 servings Kosher salt☐ ¼ cup mango nectar☐ 4 scallions, finely chopped

EQUIPMENT Bowl, Frying pan, Whisk, Ziploc bags

Method

- 1 For the marinade: In a small bowl, whisk together marinade ingredients.
- 2 Pour into large resealable plastic bag and add swordfish. Seal and shake bag to completely coat steaks. Put in refrigerator and let marinate for at least 1 hour, turning occasionally.
- 3 For the salsa: Chop drained fruit into small pieces.
- 4 Combine the fruit and remaining ingredients in a bowl and place in refrigerator to let flavors meld while fish is marinating.
- 5 In a large skillet heat canola oil over medium-high heat.
- 6 Remove fish from marinade, pat dry and cook until done, about 5 minutes per side.
- 7 Serve topped with salsa.

Nutrition per serving

546	35 g	29 g	37 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.2 g · 26% of daily needs
Fibre			4.1 g · 16% of daily needs
Sugar			27.7 g · 31% of daily needs
Sodium			349 mg · 15% of daily needs
Cholesterol			112 mg · 37% of daily needs
Vitamin C			12.6 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/mango-marinated-seared-swordfish-with-tropical-fruit-salsa-144581](https://www.whatsheate.com/mango-marinated-seared-swordfish-with-tropical-fruit-salsa-144581)