

Grilled Swordfish with Olives, Tomatoes and Zucchini

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

Swordfish can sometimes be found frozen. Make sure you thaw it slowly in the refrigerator and pat it dry before cooking. Jacques likes to brown the fillets on one side, then cover them with a metal bowl to create steam and cook the fish through. The cooking time, as with all fish, will depend on its thickness and your liking.

Preparing the swordfish

Sprinkle the fish lightly with salt and pepper and drizzle with oil. Heat a cast-iron grill pan or heavy skillet over high heat. When it is hot, add the fish and cook it for 1 ½ minutes, then turn it 90 degrees to create beautiful grill marks. Cover the fish with a metal bowl and cook for another 1 ½ minutes, or to your liking.

Remove from the heat and let sit in the hot pan for 4 to 5 minutes.

Step 1: Preparing the swordfish

- 2 (6-ounce) swordfish steaks, about 1 ¼-inch thick
- Kosher salt
- Freshly ground black pepper
- 1½ teaspoons corn oil, or other mild- tasting oil

Step 2: Preparing the topping

- ½ cup ½-inch diced tomato
- 12 pitted Kalamata olives
- 2 tablespoons chopped sweet onion, such as Vidalia
- 1 tablespoon minced flat-leaf parsley
- ¼ cup diced zucchini
- 2 tablespoons extra-virgin olive oil

While the fish cooks, prepare the topping. In a medium glass or microwavable bowl, combine the tomato, olives, onion, parsley, and zucchini. Season with salt and pepper and add the olive oil. Stir together. Heat the vegetables until warm on full power for about 45 seconds.

Step 3: Serving

Place the fish on a platter or individual plates and spoon the warm garnish around. Serve immediately.