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Ready in Under 30 Minutes / Pan-Seared Swordfish

Ready In: **10 mins**

Prep: **10 mins**

Servings: **2**

Ingredients

2 (about 8 oz each) Wegmans Chef Cut Swordfish Steaks, patted dry

Salt and pepper to taste

1 Tbsp Wegmans Organic Extra Virgin Olive Oil

Nutrition Information

Nutrition Information is per serving

Protein	43.g
Added Sugar	0.g
Fiber	0.g
Carbohydrate	0.g
Sodium	180.mg
Cholesterol	140.mg
Saturated Fat	5.g
Fat	21.g
Calories	370.

Pan-Seared Swordfish

★★★★★ 5.00 (1)

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Ingredients (2)

Wegmans Chef Cut Swordfish Steaks 
\$18.28 / ea

Wegmans Italian Classics Organic Olive Oil, Extra Virgin 
\$7.99 / ea

Directions

VIEW STEP BY STEP

1. Season fish with salt and pepper.

2. Heat oil in sauté pan on HIGH until oil faintly smokes; add fish. Reduce heat to MED-HIGH; cook about 3 min. Turn over.
3. Cook 2 min. (Optional: baste with butter). Remove from pan (120 degrees).
4. Let rest 2 min (135 degrees).
5. Chef Tips: *For added flavor, replace butter with one of our flavored Finishing Butters. *Use a splatter screen while cooking to contain oil in pan.

Reviews

★★★★★ 5.00 (1)

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5 ★	1
4 ★	0
3 ★	0
2 ★	0
1 ★	0

1-1 of 1 Reviews

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Elizabeth

Reviews: 1

★★★★★ 19 days ago

Fast and delicious

The quality of Wegmans swordfish was really good, and I'm often not a fan of grocery store fish. This recipe couldn't be any easier. I used the citrus soy finishing butter which fancied it up a bit. It was 10 minutes start to finish for a really good and healthy meal. The butter boy broccoli was a great side.

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