



Grilled Swordfish with Lime Crema

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Serves 4

Ingredients:

4 Swordfish filets

Olive Oil

Sea Salt

Freshly Cracked Black Pepper

Fresh Cilantro leaves for garnish

For Lime Crema

1 cup Sour Cream or Crème Fraiche

Zest of 1 Lime

Juice of 1 Lime

½ tsp Sea Salt



Directions:

Heat a grill to Medium High. Meanwhile combine the sour cream, zest, lime juice and sea salt and refrigerate until ready to serve. Lightly brush both sides of the fish with olive oil. Lightly salt and pepper both sides of the fish.

Place the filets on the heated grill and close the lid. Grill for approximately 3 minutes per side depending on the thickness of the fish. (Hint: When grilling notice the fish becomes opaque as it cooks. When it appears to be opaque about half way through, flip the fish and cook again as long)

Plate the fish and drizzle with the Lime Crema. Garnish with fresh cilantro leaves.

Pictured with Summer Succotash