

GRILLED SWORDFISH WITH CHIMICHURRI

ingredients:

- 1 1/2 lb. swordfish steaks (2 steaks, about 1 inch thick)
- 1/2 tsp. kosher salt (divided, plus more to taste)
- 1/2 tsp. black pepper (divided)
- 1 1/2 cups parsley (tender sprigs, loosely packed)
- 1 cup cilantro (tender sprigs, loosely packed)
- 5 Tbsp. extra-virgin olive oil
- 1/2 tsp. crushed red pepper flakes
- 2 garlic cloves (peeled)
- 2 lemons (divided)
- vegetable oil (for oiling grill grates)

directions:

1. Preheat a grill for medium heat (350° to 450°F). Season swordfish on both sides with 1/4 tsp. each salt and pepper; set aside.
2. Put parsley, cilantro, olive oil, red pepper flakes, garlic, and the remaining 1/4 tsp. of salt and pepper in a food processor. Add zest and juice of 1 lemon. Pulse chimichurri until well blended. Taste and add a little more salt if you like. Cut the remaining lemon into wedges. Set sauce and lemon aside.
3. Oil grill grates, using tongs and a wad of paper towels with some vegetable oil. Grill swordfish with lid closed, turning it once, until fish reaches the doneness you like in the thickest part; using a thermometer, aim for 125°F for medium-rare to 145°F for medium-well, 5-7 minutes total.
4. Transfer swordfish to a platter and top with some chimichurri sauce. Cut fish into portions and serve with lemon wedges and more chimichurri on the side.

Enjoy!

