

Pan-Roasted Swordfish Steaks with Mixed-Peppercorn Butter

To save time, buy a peppercorn medley packaged in a pepper grinder (available in the spice section of the supermarket).

Yield

Makes 4 servings Total Time 25minutes

Ingredients

- 1/4 cup (1/2 stick) butter, room temperature
- 2 teaspoons chopped fresh parsley
- 1 garlic clove, minced
- 1/2 teaspoon ground mixed peppercorns, plus more for sprinkling
- 1/2 teaspoon (packed) grated lemon peel
- 1 tablespoon olive oil
- 4 1-inch-thick swordfish fillets (about 6 ounces each)

Preparation

1. Preheat oven to 400°F. Mash butter, parsley, garlic, 1/2 teaspoon ground mixed peppercorns, and lemon peel in small bowl. Season to taste with salt.
2. Heat oil in heavy large ovenproof skillet over medium-high heat. Sprinkle swordfish with salt and ground mixed peppercorns. Add swordfish to skillet. Cook until browned, about 3 minutes. Turn swordfish over and transfer to oven. Roast until just cooked through, about 10 minutes longer. Transfer swordfish to plates. Add seasoned butter to same skillet. Cook over medium-high heat, scraping up browned bits, until melted and bubbling. Pour butter sauce over swordfish and serve.

Nutritional Info

- Calories 379
- Carbohydrates 1 g (0%)
- Fat 26 g (40%)
- Protein 34 g (67%)
- Saturated Fat 10 g (52%)
- Sodium 140 mg (6%)
- Polyunsaturated Fat 3 g
- Fiber 0 g (1%)
- Monounsaturated Fat 11 g
- Cholesterol 143 mg (48%)

per serving (4 servings) [Powered by Edamam](#)