

Grilled Soy & Dijon Marinated Swordfish

Ingredients

- 1 medium yellow onion, grated, with juices
- 1/4 cup extra-virgin olive oil
- 1/4 cup soy sauce
- 1/4 cup freshly squeezed lemon juice
- 2 Tbsp Dijon mustard
- 1 tsp freshly ground black pepper
- 1/2 tsp salt
- 2 1/2 pounds swordfish steaks, cut in 1 1/2" chunks
- 12 bamboo skewers, pre-soaked
- flat leaf parsley for garnish



Preparation

1. Combine onion, olive oil, soy sauce, lemon juice, mustard, pepper and salt in a large bowl; whisk together
2. Add fish to marinade and toss gently to coat
3. Refrigerate for about 20-30 minutes or up to 1 hour
4. Preheat grill or oven broiler
5. Thread 4 pieces of fish on each skewer*
6. Grill, turning, until fish is brown and just cooked through, 6-8 minutes
7. Arrange on platter and garnish with parsley leaves

* Alternate swordfish chunks with 1" pieces of red onion, red and yellow bell pepper pieces