



From Our Boats To Your Table!

Blackened Swordfish with Mango Salsa

Ingredients

- 2 Swordfish steaks
- 6 ounces diced fresh mango
- 1/2 ounce diced red peppers
- 2 teaspoons chopped cilantro
- Juice of 1/2 lime
- 1 tablespoon orange juice
- Salt and pepper to taste

Directions

- 1) Coat both sides of swordfish steak in Blackened Seasoning mix. Place steak in hot cast iron skillet.
- 2) Turn once and cook at high temperature until both sides are blackened.
- 3) Place on baking pan with fresh fish stock or lemon juice and water.
- 4) Bake at 350 degrees until tender and cooked in the center.
- 5) While fish is baking, place remaining ingredients in bowl and mix well.
- 6) Top cooked steak with fresh mango salsa.
- 7) Be sure your stove ventilation fan is working, since blackening tends to create a little smoke.