

1 / Recipes / By Course / By Ingredient / Keto-Friendly / Paleo-Friendly / Best Weeknight Seafood Recipes / Seafood / Favorite Cooking Techniques / Main Ready in Under 30 Minutes / Pan-Seared Swordfish

- (Ready In: 10 mins
- 문 Prep: 10 mins
- 🛆 Servings: 2

Ingredients

2 (about 8 oz each) Wegmans Chef Cut Swordfish Steaks, patted dry

Salt and pepper to taste

1 Tbsp Wegmans Organic Extra Virgin Olive Oil

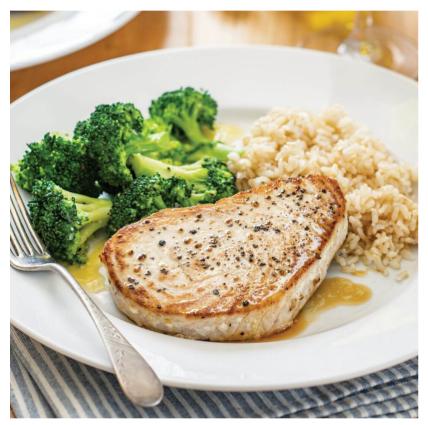
Nutrition Information

Nutrition Information is per serving

| Protein | 43.g | | |
|---------------|--------|--|--|
| Added Sugar | 0.g | | |
| Fiber | 0.g | | |
| Carbohydrate | 0.g | | |
| Sodium | 180.mg | | |
| Cholesterol | 140.mg | | |
| Saturated Fat | 5.g | | |
| Fat | 21.g | | |
| Calories | 370. | | |

Pan-Seared Swordfish

*** ** * 5.00 (1)



Ingredients (2)

Wegmans Chef Cut Swordfish Steaks \$18.28 / ea

Wegmans Italian Classics Organic Olive Oil, Extra Virgin **\$7.99** / ea

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Directions

VIEW STEP BY STEP

1. Season fish with salt and pepper.

- 2. Heat oil in sauté pan on HIGH until oil faintly smokes; add fish. Reduce heat to MED-HIGH; cook about 3 min. Turn over.
- 3. Cook 2 min. (Optional: baste with butter). Remove from pan (120 degrees).
- 4. Let rest 2 min (135 degrees).
- 5. Chef Tips: *For added flavor, replace butter with one of our flavored Finishing Butters. *Use a splatter screen while cooking to contain oil in pan.

| Reviews | ★★★★ 5.00 (1) | |
|-----------------------|---------------|--|
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Elizabeth

Reviews: 1

★★★★ 19 days ago

Fast and delicious

The quality of Wegmans swordfish was really good, and I'm often not a fan of grocery store fish. This recipe couldn't be any easier. I used the citrus soy finishing butter which fancied it up a bit. It was 10 minutes start to finish for a really good and healthy meal. The butter boy broccoli was a great side.

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