

Seared swordfish steaks

Search:

- [Dinner](#)
- [Seafood](#)
- [Recipes](#)

Seared swordfish steaks

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) `!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");`



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)



Rate this recipe

1 person is cooking this [Count me in](#)

Nothing beats grilled swordfish steaks on a warm summer's day. Serve with a zucchini and quinoa salad.

Ingredients

- 4 swordfish steaks
- 50g of sesame seeds
- 2 yellow zucchinis, sliced lengthwise
- 25g linseeds
- 2 green zucchinis, sliced lengthwise
- 5g sachet dashi powder*
- ½ cup of quinoa
- 1 cup boiling water
- 2 tbsp seeded mustard
- 1 cup sprouts (aduki or mung bean)
- 4 tbsp tamari
- 2 tsp sesame oil

Method

Roast zucchini slices in a hot oven for 15 minutes on non-stick baking paper. Allow to cool. Place swordfish on non-stick paper under a medium grill and cook for twelve minutes. Keep warm. Arrange

Seared swordfish steaks

zucchini slices on serving plates. Spoon quinoa and sprouts over zucchini and then place swordfish on top. Spoon over sesame dressing and serve. Serves 4.

Quinoa - Add quinoa to boiling water and simmer for 10 minutes. Cover and let stand for a further five minutes. Fluff with a fork and allow to cool.

Dressing - Lightly toast sesame seeds. Combine powdered dashi with boiling water. In a mortar and pestle grind sesame seeds with linseeds into a paste. Transfer seed mixture to a mixing bowl and slowly whisk in dashi stock. Mix until desired consistency is reached. Add mustard, tamari and sesame oil and blend well.

*Dashi powder is the base for Japanese stock and is available from Asian grocers.

Browse more [seafood recipes](#) or connect with us on [Facebook](#) to share your tips!

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```