

Blackened Fresh Swordfish

INGREDIENTS

Cajun spice
Butter
Fresh Swordfish Steak, 5oz

AMOUNT

as needed
2 oz
2 each



METHOD.

1. Coat sword steak with Cajun spice. Get sauté pan hot (high heat for 45 second) then add 1oz butter.
2. When butter is melted and sizzling add fish and lower heat to med/med high.
3. Cook fish on each side for 2 ½ minutes
4. Serve with rice and a homemade fruity salsa!

After Work with Chef Nicole™