

# Grilled Swordfish with Lemon and Basil



**Try to use All Organic Ingredients**

## **Swordfish Sauce**

**1/2 cup Olive Oil**

**3 Tablespoons Fresh Lemon Juice**

**1 Tablespoon Chopped Fresh Basil Leaves**

**1 Garlic Clove, Chopped Very Fine**

**Celtic Sea Salt and Fresh Ground Black Pepper to Taste**

**4 (around 8 ounces each) Swordfish Steaks**

**Prepare the grill (medium-high heat). Whisk the oil, lemon juice, basil, and garlic in a medium bowl to blend into the Swordfish Sauce then season the sauce with Salt and Pepper, to taste.**

**Brush the swordfish steaks with (use no more than) 2 tablespoons of the lemon and olive oil mixture. Grill the steaks until just cooked through and Well Done, which is an Internal Temperature of 140°F (63°C) (about 3 minutes per side depending on thickness of steaks). Transfer the Swordfish Steaks to plates.**

**I personally like to put the Swordfish Steaks over Brown Rice Pilaf!**

**Spoon the remaining sauce over and serve.**

**Garnish each plate with a Sliced Lemon and a Parsley Sprig.**

**Grilled Swordfish with Lemon and Basil Recipe by Jeff Hertzog of [www.jeffhertzog.net](http://www.jeffhertzog.net)**