



Swordfish Steaks with Caper Butter Sauce

Makes: 2

Prep time: 5 minutes

Cook time: 8-10 minutes

Ingredients:

2 swordfish steaks

1 tablespoons capers, rinsed

50g unsalted butter

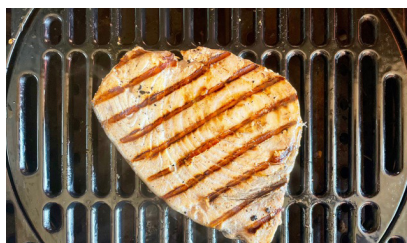
Small handful parsley leaves, finely chopped

A large squeeze of lemon juice

Oil, for cooking

Swordfish is a very meaty, large fish that can be cut into large steaks, like tuna. This makes it very easy to cook on the BBQ. Here we have topped it with a simple butter-based sauce, with plenty of capers, for pops of acidity.

Method:



1. Rub the swordfish with a little oil, and season with salt.

2. Preheat two gas burners on the Jupiter outback BBQ and set the heat to high. Once hot, place the fish over direct heat and cook for 3-5 minutes on each side, depending on the thickness of the steaks.

3. Make the sauce by melting the butter in a small saucepan. Add the lemon juice, capers and chopped parsley.

4. Pour the sauce over the fish to serve.