

Broiled Sword Fish With Mango Salsa



Ingredients:

2 10oz sword fish steaks*
2 oz mango juice
Crystallized ginger
Salt and pepper
Mango salsa

Directions:

Marinated steak in Mango juice for about 45 minutes in a shallow pan. Place on broiling pan and add crystallized ginger along with salt and pepper.

Broil for 3-4 minutes each side. Keep the steak at least 7 inches from heating element. Serve on bed of baby spinach with mango salsa. This is for a steak that is one inch thick. Bigger steaks increase to 5-6 minutes but watch carefully.

Fish will be fork flaky when done.

*Be sure and wipe of steaks with paper towel before starting.

Soy and Garlic Sword Fish

The same process as above just switch soy and garlic for mango and ginger. Use chopped garlic. Marinate for 20 minutes, any longer and the swordfish will become too salty.