

Swordfish with Ginger Leek Sauce

This impressive Swordfish with Ginger Leek Sauce can not only be made in a flash, but it will turn heads and put your taste buds in a spin. Make this for a special dinner at your house and rake in the compliments. The combination of the caramelizing leeks and garlic along with the knockout flavor of the ginger root braised in butter and olive oil make it really special. Serve it with something exotic like the red rice I brought back from France and some simple Brussels Sprouts cut in half and roasted on a sheet pan with olive oil and you will have a perfect meal for guests or family.

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| 1 | leek | 1 | Tablespoon | butter |
| 2 | cloves garlic | 2 | Tablespoons + | olive oil |
| 1 | 1-inch piece fresh ginger, peeled, minced | 2 | 8-ounce | swordfish steaks (1/2" thick) |

- 1 Prepare or preheat a grill for grilling the swordfish steaks.
- 2 Cut the leek in half lengthwise, rinse out any sand well from the layers, lay cut side down on the board and slice thin horizontally with a sharp knife. Use the white and light green part of the leek and discard the dark green leaves. Then rinse well in a colander.
- 3 Peel the thin skin of the ginger root with the side of a spoon, and place it in a small food processor with the garlic cloves. Process until minced.
- 4 Place the leek, garlic and ginger root in a small saucepan with the butter and olive oil. Cover the pot and cook the Ginger Leek sauce on low heat until leeks are tender.
- 5 While the Ginger Leek sauce is cooking, coat the swordfish steaks with a small drizzle of olive oil and season with salt and pepper. Grill on medium-high heat about 3 minutes per side. Plate your meal with the swordfish steak topped with the Ginger Leek Sauce.

Servings: 2

Nutrition Facts

Nutrition (per serving): 308 calories, 179 calories from fat, 20.2g total fat, 58.2mg cholesterol, 94.7mg sodium, 620.3mg potassium, 9.8g carbohydrates, 1.2g fiber, 2g sugar, 21.9g protein.