

Pan-roasted swordfish with shaved root vegetables & warm mustard seed vinaigrette

Serves: 4 | Prep Time: 25 Minutes

Ingredients

4 5-7 oz swordfish steaks
4 tablespoons butter
2 cloves garlic, chopped
2 tablespoons chopped parsley
2 tablespoons chopped shallots
1/4 cup olive oil
2 carrots, peeled
2 golden beets, peeled
1 sweet potato
1 parsnip, peeled
salt & pepper to taste

For Dressing

1/4 cup olive oil
1/4 cup vegetable oil
1 tablespoon lemon juice
1/8 cup sherry vinegar
1 tablespoon wholegrain dijon mustard
1 tablespoon tarragon (optional)
salt & pepper to taste

Directions

Dressing

1. In a small bowl combine the mustard, vinegar, tarragon, lemon juice, salt, and pepper.
2. Slowly whisk in the oil.
3. Warm dressing over low heat before serving.

Root Vegetables

1. Preheat oven to 350° F.
2. Slice all the vegetables thin with a mandolin (or, if you don't have a mandolin, slice with a vegetable peeler).
3. Line baking pan with parchment paper.
4. Toss vegetables with olive oil and salt & pepper, and lay them out on the lined baking pan.
5. Bake for 5 minutes.
6. Flip vegetables over, and bake for 5 more minutes. (*They should be cooked through and turning golden on the edges.*)

Swordfish

1. Preheat oven to 400°F.
2. Mash butter, parsley, and garlic, and season to taste with salt & pepper.
3. Heat oil in heavy large ovenproof skillet over medium-high heat.
4. Sprinkle swordfish with salt & pepper.
5. Add swordfish to skillet.
6. Cook until browned, about 3 minutes.
7. Turn swordfish over, add the herbed butter to the top of each fish steak, and add the shallots.
8. Transfer to the oven, and roast until just cooked through, about 10 minutes.
9. Transfer swordfish to plates. Add root vegetables, and finish with warm vinaigrette.
10. *Enjoy!*