Herb-Infused Grilled Swordfish Steak

Juicy swordfish steaks grilled with fresh lemon and aromatic herbs for a light, protein-packed meal perfect for two.

Servings: 2 **Time:** 20 minutes

Ingredients

- 2 swordfish steaks (6 oz each)
- 2 tablespoons olive oil
- 1 lemon (zested and juiced)
- 2 garlic cloves (minced)
- 1 teaspoon fresh rosemary (chopped)
- 1 teaspoon fresh thyme (chopped)
- Salt to taste
- Black pepper to taste
- Fresh parsley for garnish

Instructions

1. Preheat grill or grill pan to medium-high heat.
2. In a small bowl, mix olive oil, lemon zest, lemon juice, minced garlic, rosemary, thyme, salt, and pepper.
3. Brush both sides of the swordfish steaks with the lemon-herb mixture.
4. Place the steaks on the grill and cook for 4-5 minutes per side until opaque and grill marks form.
5. Remove from grill and let rest for 2 minutes.
6. Garnish with fresh parsley before serving.

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