

# GRILLED SWORDFISH WITH CHIMICHURRI SAUCE (GF)

Serves 2 + extra chimichurri sauce

## Ingredients

### For the swordfish:

1 lb swordfish steak, cut into two steaks  
salt and pepper

### For the chimichurri sauce:

1/4 C olive oil  
1/4 C red wine vinegar  
1 C fresh basil leaves  
1/2 C fresh cilantro leaves  
1/2 C flat leaf parsley  
1/2 a large red onion, diced  
1/4 tsp salt (plus more to taste if needed)  
1/8 tsp pepper

## Directions

1. Preheat the grill to 500 and season swordfish on both sides with a small amount of salt and pepper. Spray the grill grates with non-stick spray, then place the swordfish on the grill for 6-7 minutes, until you see char marks. Flip the steak over and cook the other side for 6-7 minutes. There should be char marks on both sides to know its done.
2. To make the chimichurri sauce, combine all ingredients in a food processor and pulse a few times to get a rough chop of the herbs. Season with more salt if needed.
3. To serve, drizzle the chimichurri sauce over the swordfish steaks and serve with your favorite sides.

