Ginger Garlic Swordfish with Mango Salsa
Serves 4

Ingredients

4 swordfish steaks

2 to 3 tbsp soy sauce, for marinating

For Ginger Garlic Sauce:

1/4 cup soy sauce

1/4 cup water

1/4 cup brown sugar

1 tbsp rice vinegar

1 tbsp sesame seed oil

5 to 6 garlic cloves, finely minced or pressed

1 inch ginger root, grated or finely minced

For Mango Salsa:

2 ripe avocados, diced

1 cup diced fresh tomatoes

1 cup corn, fresh or canned

1/2 cup ripe mango, diced

3 green scallions or 1 shallot, diced

1/4 cup fresh cilantro, chopped

2 tbsp freshly squeezed lime juice

salt to taste

Directions:

Marinating the Fish: Place the swordfish steaks into a dish and pour a few tablespoons of soy sauce over the top, then refrigerate for 30 minutes.

For Ginger Garlic Sauce: Prepare the ginger garlic sauce: combine the soy sauce, water, sugar, vinegar, oil, ginger and garlic in small saucepan and whisk. Bring the mixture to a simmer over medium heat and simmer over low heat for 13 to 15 minutes, until reduced in half.

For Mango Salsa: Combine all ingredients necessary for salad (avocados, tomatoes, corn, mango, scallions, cilantro, lime juice, salt). Toss gently, cover and set aside.

Grilling Instructions: For grilling, preheat your outdoor grill to 500F. Grease the grates of the grill with oil. Pat the swordfish dry with paper towels and place onto the grill. Grill approximately 5 to 6 minutes, per side for a 1-inch-thick swordfish steak. Grilling time can vary depending on how thick your fish is. For thicker steaks, grill 7 to 8 minutes per side.

For stovetop preparation: preheat a large non-stick pan over medium high heat and add a splash of cooking oil. Fry the swordfish for 5 to 6 minutes per side for a 1-inch-thick swordfish steak. Cooking time can vary depending on how thick your fish is. For thicker steaks, fry 7 to 8 minutes per side.

Serving the Swordfish: When ready to serve, spoon a few tablespoons of the prepared ginger garlic sauce over each steak and top with a heaping amount of mango salsa.