



Swordfish with Coriander and Pistachio Nut Pesto

Swordfish is a very popular fish for cooking. It is a large fish and the meat is usually sold as steaks or boned out as fillets. The color of the flesh varies from white to pale red and it has a delicious flavour particularly when grilled. It is available in Melbourne fishmongers all year round. The fish is beautifully complimented with a zesty coriander and pistachio pesto. Perfect for a summer's night feast!

Single serve

Ingredients

1 boned fillet of swordfish (150-200g portion)
Extra virgin olive oil (spray application is fine)
Sea salt & cracked pepper

Pesto

½ cup (1 small bunch) coriander leaves, washed
2 tblspns extra virgin olive oil
¼ cup pistachio nuts
2 small red chillies, seeds removed and chopped roughly
½ clove garlic, chopped roughly
2 tblspns lemon or lime juice
Pinch sea salt

Method

Spray the fillet with a light coating of olive oil. Season with salt and pepper. Cook the fish on hot oiled castiron plate (or BBQ plate) until brown on both sides, just cooked through. This takes approximately 2 to 3 minutes each side.

Process all the pesto ingredients in a blender, scraping sides with spatula until you have a smooth paste of even consistency.

Serve the fillet on a bed of carrot and white radish salad and top with a healthy dollop of pesto. Garnish with a lemon or lime wedge and chopped parsley.

Some of these recipes have been presented by Pip on 'Vasili's Garden' lifestyle television program on Melbourne's Channel 31. Pip appears courtesy of Pip's Cooking School.

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