



Another Yellow Sticker gig and to be honest it was a budget breaker at £3 a steak. But we've had quite a few meals recently which were on budget and lasted two days. So?..

Ingredients:-

2 Swordfish Steaks
1 Tbsp of Fish Sauce
A squeeze of Lemon Juice
1 Tbsp of Capers
½ Tsp of Chilli Flakes
1 Thumb of fresh Ginger, minced (We grew of own and have miles of it!)
2 Cloves of Garlic, minced
A Knob of Butter (Margarine we've not had real Butter in the place for quite some time?.)
1 Tbsp of Fresh Parsley (Our Parsley plant is looking a bit skinheaded!)
½ Tbsp Lemon Zest
Salt & Pepper to season
Olive Oil to fry

Method:-

- (1) Marinade the Swordfish in the Olive Oil, Fish Sauce and Salt & Pepper for 20 minutes.
- (2) Melt the Butter / Margarine in a frying pan.
- (3) Add all the other ingredient to a bowl and mix well.
- (4) Fry the fish steaks for 2 minutes on one side.
- (5) Place in a pre heated oven at 180c.
- (6) Add the remaining ingredients to the melted Butter / Margarine and allow to simmer and reduce.

(7) Pour the reduced sauce over the Swordfish before serving.

We simply has New Potatoes, Corn and Broccoli with ours and it was a real treat!