

# PAN-SEARED SWORDFISH WITH LEMON BUTTER SAUCE

Yield: 4 Servings



**TOTAL TIME:** 10 minutes

## INGREDIENTS

- 4 (6 oz. each) Fresh Wild-Caught Swordfish steaks
- Salt and pepper
- Wegmans Pan Searing Flour
- 1 Tbsp. Wegmans Pure Olive Oil
- 1 Tbsp. Wegmans Basting Oil
- 1 tsp. Wegmans Butter
- 1 container (4 oz.) Wegmans Lemon Butter Sauce (Prepared Foods), warmed

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## PREPARATION

1. Season fish with salt and pepper. Dust both sides with pan-searing flour; pat off excess.
2. Heat olive oil in pan on medium-high until oil faintly smokes; add fish. Turn over when fish changes color one-quarter of way up and seared side has turned paper-bag brown, about 3 min.
3. Reduce heat to medium. Cook about 4 min., until internal temp reaches 120 degrees. Check by inserting thermometer halfway into thickest part of fish.
4. Add basting oil and butter to pan; swirl. Baste with spoon, 1–3 min., until internal temp reaches 130 degrees.
5. Transfer fish to clean platter; let rest at least 2 min. Serve with warmed Lemon Sauce.

## NUTRITION

**Per serving:** Calories: 280; Fat: 19 g (5 g saturated fat); Cholesterol: 65 mg; Carbohydrates: 3 g; Protein: 24 g; Fiber: 0 mg; Sodium: 360 mg.

Recipe courtesy of Wegmans