



Quick and Easy Pan-Roasted Swordfish

20 min

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Ingredients

1 swordfish fillet (about 6-7 ounces and 1-inch thick)

1 1/2 teaspoons extra virgin olive oil, plus more if needed

Kosher salt, to taste

Freshly ground black peppercorns, to taste

Preheat oven to 400°F.

Heat oil in a well seasoned cast-iron skillet over medium-high heat.

Season swordfish with salt and pepper.

Sear on one side until browned, about 2-3 minutes.

Flip fish and transfer swordfish to oven to finish cooking.

Roast until the other side is browned and fish is just cooked through (feels firm

when pressed), about 6-10 minutes.

Recipe by [Masterclass](#)

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Species Group

Swordfish