

Grilled Swordfish

Unit: Large Skillet or Electric Skillet

2 - 6 Oz. Swordfish steaks	1 - lemon juiced
1 - Tbsp Dijon mustard	1/2 - Cup of chardonnay wine
2 - Tbsp of chives	salt and pepper

Preheat the skillet on medium heat. Season both sides of fish with salt and pepper. Cook the fish for 4-5 minutes on each side. Remove the fish and deglaze the pan with wine and lemon juice. Whisk in the mustard and cook until thick. Sauce should coat the back of the spoon. Add chives and then spoon the sauce over the fish. Serve!