



AdChoices

WEEKDAYS 1et/12pt/c



Michael Symon's Grilled Swordfish with Orange, Radishes and Horseradish

skill level	time	servings	cost
easy	1-30min	4	\$

Contributed by: [Michael Symon](#)

This dinner is delicious and healthy too!

ingredients

kitchenware

4 - 5 ounces Pieces of line caught Swordfish (skin and bloodline removed cut thin	1 cup Parsley (sliced)
2 Oranges (segmented/juiced/zested)	1 teaspoon Coriander seed (toasted and coarsely ground)
3 Radishes (sliced thin)	1 Lemon (juiced and zested)
2 tablespoon Fresh Horseradish	2 ounce Extra Virgin Olive Oil
	Salt and pepper to taste

steps

ingredients per step

instructions

1	4 - 5 ounces Pieces of line caught Swordfish (skin and bloodline removed cut thin 1 teaspoon Coriander seed (toasted and coarsely ground) Salt	Season the swordfish with salt and coriander and brush with 1 ounce of extra virgin olive oil.
2		Grill the swordfish for 2 minutes per side.
3	1 cup Parsley (sliced) 2 Oranges (segments and juice) 1 Lemon (juiced and zested) 3 Radishes (sliced thin) 1 ounce Extra Virgin Olive Oil	While grilling, mix the parsley, orange segments and juice, radishes, lemon juice and remaining ounce of extra virgin olive oil with a good pinch of salt and pepper.
4	2 tablespoon Fresh Horseradish 2 Oranges (zest) Salt and pepper to taste	Remove the swordfish from the grill and top with orange zest, horseradish and the orange salad.

© 2012 ABC Television / the chew