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# Grilled Swordfish with Tomato Relish

*Tom Jacobs*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

## **SWORDFISH**

**3/4 tablespoon crushed coriander seed**

**1/2 tablespoon crushed cumin seed**

**1/4 teaspoon salt**

**1/4 teaspoon black pepper**

**1 small avocado, finely chopped**

**2 four-ounce swordfish steaks, about one-inch thick**

## **RELISH**

**1/4 red onion, finely chopped**

**1 tomato, finely chopped**

**2 tablespoons olive oil**

**crushed red pepper**

**2 tablespoons fresh cilantro, chopped**

**1/8 teaspoon kosher salt**

In a bowl, mix the coriander, cumin, salt, pepper, and avocado. Rub the mixture onto the swordfish steaks.

Grill over medium to high heat for approximately 5 minutes per side.

Make the relish: In a bowl, mix the red onion, tomato, olive oil, red pepper, cilantro and Kosher salt. Mix well.

Top the fish with the tomato relish and serve.

## **Seafood**

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*Per Serving (excluding unknown items): 1017 Calories; 72g Fat (62.4% calories from fat); 73g Protein; 24g Carbohydrate; 7g Dietary Fiber; 133mg Cholesterol; 1098mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 11 1/2 Fat.*