

Grilled Swordfish with Lime Pesto

Courtesy of Carole's Creations

Prep Time: 12 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: It is important to use fresh limes in this recipe.

They really do make a difference. Something special happens when you top swordfish and pesto. You can buy your fish fresh or frozen. If frozen, set them in a container in your refrigerator during the day and they will be thawed in time for dinner. Cook the fish the same day you buy or thaw it out.



1 box of Rice a Roni®'s Rice Pilaf (it's a combination of rice and pasta with seasoning)

Four 4-6 ounce pieces of swordfish, skin cut off if it is on the fish

1 tablespoon olive oil

Dash of salt and pepper

1/2 teaspoon smoked paprika

1 teaspoon Herb de Provence

5 gloves minced garlic, divided (fresh or from a jar)

1/4 cup toasted pine nuts (divided)

4 servings of a side vegetable

Lime Presto Sauce:

Zest from 1 lime, about 1/2 to 1 teaspoon

2 tablespoons fresh lime juice (about 2 limes)

1 cup fresh basil leaves

2 tablespoons fresh oregano

2 tablespoons Extra-virgin olive oil

Dash of salt and pepper

Prepare the rice according to package directions which will take about 20-25 minutes.

Turn on the grill and get it to medium heat. You can place the fish directly on the grill or use a cast iron griddle. If you are using a griddle, place it on the grill now so it can get hot. While you are waiting for the grill to get hot, prepare the fish.

Rinse the fish, pat it dry and lay on a plate. Rub both sides with olive oil and sprinkle one side of each piece with the herbs and 2 of the minced garlic cloves. Let it sit while you prepare the lime pesto.

Heat a non-stick skillet over medium heat. When the pan is hot, you are ready to toast the pine nuts. Add the nuts to the pan and stir occasionally for 3-5 minutes until they are golden or browned slightly. You will use half of them in the Lime pesto and the other half as a garnish.

Locate a small food processor to use to prepare the lime pesto. As you prepare each ingredient, add it to the processor. Zest 1 lime using a microplane to zest only the green layer of a lime. If you get into the white part it can be bitter. Cut and squeeze enough limes to get 2 tablespoons. Add half of the pine nuts and the rest of the ingredients to the food processor. Pulse for a few seconds at a time until the basil leaves are minced. Transfer to a small bowl.

The grill should be hot by now. Grill for 3 minutes on each side until the fish is done. Quickly prepare your side vegetable and check on the rice. Remove the fish from the grill and put them on a clean platter. Divide the lime pesto evenly over each piece of fish and sprinkle with the remaining pine nuts. Serve with your vegetables and rice. Caroleicious!