

Macadamia Nut-Crusted Swordfish with Mango Salsa



This recipe for Macadamia Nut-Crusted Swordfish with Mango Salsa is from episode 6 of Fish the Dish starring Spencer Watts.

Serves: 4

Ingredients

Crusted Swordfish

- Four 6 oz (170 g) Swordfish fillets
- ¼ cup (60 ml) Macadamia nuts
- 1 tsp (5 ml) Orange zest
- ¼ cup (60 ml) Panko flakes (Japanese breadcrumbs)
- Salt and pepper
- 2 Tbsp (30ml) Olive oil (for drizzling fish)
- 1 Tbsp (15ml) Canola oil (for pan)
- ½ cup (113 g) Unsalted butter, softened

Mango Salsa

- 2 Avocado cut into cubes
- ½ Red onion finely diced
- 2 Tbsp (30ml) Fresh Jalapeño chopped
- ½ Mango diced
- 2 Tbsp (30ml) Cilantro chopped
- 1 Lime, juice only
- Salt
- 2 Tbsp (30ml) Oil
- Salt to taste

Directions

1. Prepare salsa. Dice and combine avocado, red onion, jalapeño, mango, and cilantro. Squeeze in lime juice, sprinkle in salt, drizzle oil, and stir all together.
2. Add macadamia nuts, orange zest, panko, salt, and pepper to a food processor, and pulse. Make sure there are no large chunks of nuts. Spread nut mixture over a plate. Season swordfish, and drizzle oil on top. Lay swordfish in nut mixture and press down to ensure nuts stick to fish.
3. Add canola oil and butter to a heated pan. As butter melts, lay swordfish in pan. Cook for 1 minute, turning once and cook for another 3 minutes. Spoon pan juices over fish.
4. Remove fish from pan and plate with mango salsa on top.

