

## Ingredients:

- 4 swordfish steaks (about 6–8 oz each)
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried thyme)
- Salt and freshly ground black pepper, to taste
- Lemon wedges (for serving)

## Instructions:

- **Prepare the marinade:** In a small bowl, whisk together the olive oil, lemon juice, garlic, thyme, salt, and pepper.
- **Marinate the swordfish:** Place the swordfish steaks in a shallow dish. Pour the marinade over the fish, ensuring it's evenly coated. Let it marinate for about 15–20 minutes at room temperature, turning the steaks halfway through.
- **Preheat the grill:** Heat your grill to medium-high. Make sure the grates are clean and lightly oiled to prevent sticking.
- **Grill the swordfish:** Remove the swordfish from the marinade and shake off any excess. Grill the steaks for about 4–5 minutes per side, depending on the thickness of the fish, until they are cooked through and slightly firm to the touch. Swordfish should have nice grill marks and be opaque in the center.
- **Serve:** Transfer the grilled swordfish to a serving platter. Serve with fresh lemon wedges for extra zest and garnish with fresh herbs if desired.

# GRILLED SWORDFISH

