



## Grilled Swordfish with Grilled Pineapple and Mango Salsa

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*Makes 8 portions*

### **Ingredients:**

Salsa:

½ each	Pineapple – peeled, cut in thick slices
1 each	Mango – medium dice
2 Tbsp.	Jalapeno – fine dice
1 Tbsp.	Garlic – minced
2 oz.	Red Onion – medium dice
3 tbsp.	Cilantro – rough chop
1/3 cup	Black beans – rinsed well and drained
To Taste	Salt and Pepper
1 cup	Grape Tomatoes – cut in half, lengthwise
1 oz.	Fresh Lime Juice
8 each	Swordfish Steak (about 8 ounces each)
1 oz.	Olive Oil
To Taste	Salt and Pepper

### **Directions:**

1. Heat the grill. Brush lightly with oil.
2. Place the pineapple on the grill and allow to caramelize on both sides – remove and cool.
3. Cut the ingredients as detailed above.
4. Combine all the salsa ingredients and toss to blend evenly.
5. Rub the swordfish with oil, season with salt and pepper.
6. Place on the hot grill, allow to cook on one side, flip and finish cooking.
7. Place on the plate and top with the salsa.
8. Serve with grilled vegetables such as Grilled Zucchini