

Fresh Orange Balsamic Glazed Swordfish
(serves 4)

4 6oz. swordfish steaks
1 T olive oil
2 oranges
1/2 C balsamic vinegar
2 T diced basil
1 clove garlic crushed
1 head of broccoli cut into florets
1/2 tsp. chili flakes
(couscous from lunch)
S and P to taste

1. In large sauté pan over high heat add olive oil, season swordfish with salt and pepper. Place in pan, sauté for 3 minutes flip, and cook another 2 minutes, add vinegar and all the juice you can squeeze out of the oranges! P
2. Place in oven at 400 degrees for 4 minutes. Remove from oven, add basil and allow to rest in pan.
3. In separate pan over medium heat add olive oil, garlic, chili flake (optional) and broccoli. Cook for 4 minutes. Season with salt and pepper. TASTE.
4. Place couscous and broccoli on plate top with swordfish, sauce with balsamic left in pan.