



The **ingles** T a b l e

with Chef Martin Mongiello
Swordfish Steaks with Mango Fruit Salsa

Shopping List

- 4 Swordfish steaks
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon minced garlic
- 1 cup low sodium (or regular) soy sauce
- 1 cup V8 Fusion Peach Mango juice
- 1 cup honey
- 2 green onions, chopped
- 1 mango, diced
- 1 can of Dole diced pineapple
- 1 red pepper
- 1/2 Vidalia or sweet onion
- 2 peeled and diced kiwi fruit

Cooking Instructions

1. Dice and sweat the red pepper and Vidalia onion in the microwave
2. In a large bowl, combine ginger, garlic, soy sauce, orange juice, honey and slip the fish in to marinate, toss and fold gently to cover all sides of fish and refrigerate for an hour or two.
3. Chop and mix all items for the salsa and refrigerate for an hour.
4. Grill for 12 to 15 minutes per inch of thickness, or until the fish flakes easily with a fork
5. Sprinkle sesame seeds onto fish for decoration
6. Before serving spoon salsa over fish

