



Swordfish Macadamia

Serves 2

Ingredients

- 2 skinned swordfish steaks (approx 6-8 oz each)
- 2 oz. crushed macadamia nuts
- 2 eggs
- Flour
- Butter
- Fresh lemon and lime
- Salt and pepper
- 2 tbsp. white wine

Directions

- Dip swordfish steaks in flour, then egg
- Saute in frying pan for 1 minute.
- Then put in baking dish.
- Put crushed nuts on top.
- Squeeze 1/2 fresh lemon and 1/2 fresh lime on top of fish.
- Add 2 tablespoons white wine to pan.
- Bake 15 minutes at 375 degrees.