



LEMON GARLIC SWORDFISH RECIPE

This buttery Lemon Garlic Swordfish is stunningly delicious. This recipe results in a tender, flavor-packed fish that tastes like you spent way more time on it than you did.

Prep Time: 20 mins **Cook Time:** 10 mins

Servings: 4

Ingredients

For the Lemon Garlic Mixture:

- 2 TB [salted butter](#), softened to room temp
- 1 TB freshly chopped chives
- 2 TB garlic cloves, minced
- 1/8 tsp [kosher salt](#)
- 1/4 tsp [freshly ground black pepper](#)
- 1 TB juice from fresh lemon
- 1 TB grated lemon peel

For the Fish:

- 2 TB [olive oil](#)
- 2 1-inch thick each swordfish fillets, about 6-7 oz each
- kosher salt and freshly ground black pepper

Instructions

- 1 Preheat oven to 400F with rack on middle position. In a small pan, combine all Lemon Garlic Mixture ingredients and stir to fully combine. Set aside.
- 2 Use paper towels to pat-dry all excess moisture from the swordfish fillets. Evenly sprinkle both sides of fillets with pinches of kosher salt and freshly ground black pepper. Set aside.

- 3 In a large, [oven-proof pan](#), heat the olive oil over medium high heat. Once oil is hot, add the swordfish fillets to pan and let cook until browned on one side, about 3 minutes (do not move fish around much.) Carefully flip fish fillets over to the other side, turn stove off, and immediately transfer pan into hot oven.
- 4 Let fish roast about 5-6 minutes or just until the top is golden and center is just cooked through. Take care not to overcook. A minute before fish is done cooking in oven, cook small pan of prepared lemon-garlic mixture over medium high heat, constantly stirring, just until melted and bubbly. Immediately turn heat off and pour mixture over the cooked fish. Be sure to pour on any juices from the swordfish pan as well.

Equipment

- [Splatter Screen for Frying Pan](#)
- [Large Oven Proof Pan](#)

Notes

- This dish is amazing with [Easy Rice Pilaf with Mushrooms](#) or [Farro Salad with Butternut and Avocado](#)
- [A large splatter guard](#) really helps against those random oil sizzles from getting everywhere, while still allowing plenty of ventilation.

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Nutrition (per serving)

Calories: 241kcal | Carbohydrates: 2g | Protein: 17g | Fat: 18.5g | Saturated Fat: 6g | Trans Fat: 0.3g |
Cholesterol: 71.4mg | Sodium: 696.4mg | Fiber: 0.3g | Sugar: 0.4g

Course: fish, Main, seafood **Cuisine:** American **Diet:** Gluten Free, Low Lactose

Method: Oven, pan fry, roast, Stovetop

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