

# Swordfish Schnitzel



## Ingredients:

- 6 oz. swordfish steak, skinless
- 1/2 c. all purpose flour
- 2 eggs each
- salt and pepper, to taste
- 1 c vegetable oil
- 2 tbsp. butter
- 1 fresh lemon, halved
- 2 tsp. flat leaf parsley, chopped

Serving Size: 1  
Yield: 6 oz. portion

## Directions:

1. Place the swordfish between two pieces of plastic wrap
2. Pound the fish flat to about a quarter inch thickness
3. Season the flour and breadcrumbs with salt and pepper
4. Crack the eggs into a bowl and beat lightly.
5. Dredge the swordfish in flour, then egg and then in breadcrumbs
6. In a heavy bottom pan, heat oil over medium high heat
7. Pan fry the breaded swordfish until golden brown on both sides
8. Transfer to the serving plate
9. In a small pan over medium heat melt butter while swirling the pan
10. Continue heating the butter until it starts to brown
11. When the butter starts to brown, remove from heat and add the juice from half of a lemon and parsley.
12. Pour over the swordfish and serve