



DEEP FRIED SWORDFISH STEAK

PREPARATION TIME: 20 MIN

INGREDIENTS:

- 2 pieces Swordfish
- Olive Oil
- Lemon Juice
- Salt
- Pepper
- Chopped Parsley

INSTRUCTIONS:

1. Oil each fillet and dredge in lightly salted bread crumbs until completely coated.
2. Remove the paddle from the bowl.
3. Pour everything in the bowl, arrange the breaded fish, close the lid, set the thermostat to position 4, press the bottom heating element button and press the on/off button.
4. Cook the fish for 10 minutes.
5. Turn the fish over and cook for another 8 minutes.
6. In the meantime, prepare the marinade with olive oil, lemon juice, salt, pepper and chopped parsley; mix with a fork.
7. When the swordfish fillets are ready, put them on a serving dish and pour over 1 - 2 tablespoons of marinade.