

# Sicilian Lemon Garlic Swordfish Bites

**Servings:** 2 | **Prep Time:** 5 minutes | **Cook Time:** 10 minutes | **Total Time:** 15 minutes

These Sicilian lemon garlic swordfish bites are a fast, elegant seafood dish inspired by the bright, coastal flavors of southern Italy. Tender cubes of swordfish are quickly seared in olive oil, then finished with fresh garlic, lemon juice, and briny capers for a simple yet bold Mediterranean meal. Light, fresh, and restaurant-worthy — all in just 15 minutes.

## Why You'll Love This Recipe

- Ready in just 15 minutes from start to finish
- Fresh Mediterranean flavors with lemon, garlic, and capers
- High-protein, low-carb dinner option
- Minimal ingredients with big flavor payoff
- Works as a main dish or elegant appetizer

## Ingredients

- ¼ lb swordfish, cut into 1-inch cubes
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- Juice of 1 fresh lemon
- 1 Tbsp capers, drained
- Salt & freshly ground black pepper, to taste
- Fresh parsley, chopped (optional)

## Ingredient Notes & Substitutions

- **Swordfish:** Firm and meaty, ideal for quick searing. Use fresh or fully thawed fish.
- **Capers:** Add briny contrast; rinse lightly if very salty.
- **Lemon juice:** Fresh lemon is essential for bright Sicilian flavor.
- **Olive oil:** Use good-quality extra virgin olive oil for best taste.
- **Fish substitutions:** Mahi-mahi, halibut, cod, or tilapia all work well.

## Instructions

### Step 1: Season the fish

Pat swordfish cubes completely dry and season with salt and pepper.

### Step 2: Sear the swordfish

Heat olive oil in a skillet over medium-high heat. Add swordfish in a single layer and cook 3–4 minutes until golden. Flip and cook 2 more minutes.

**Step 3: Add garlic and lemon**

Lower heat slightly. Add garlic and cook 30 seconds. Immediately add lemon juice and capers, stirring gently.

**Step 4: Finish the sauce**

Cook 1–2 minutes until lemon sauce lightly thickens and coats the fish. Remove from heat promptly to avoid overcooking.

**Step 5: Serve**

Transfer to a plate and garnish with parsley if desired. Serve warm.

## Tips for Best Results

- Do not overcook swordfish — it should be tender, not dry.
- Keep skillet hot for proper browning.
- Add lemon juice at the end for fresh flavor.
- If sauce reduces too fast, add 1–2 Tbsp water or broth.

## What to Serve With Swordfish Bites

- Roasted or lemon potatoes
- Couscous or orzo
- Garlic bread or crusty Italian bread
- Vegetable sides: asparagus, green beans, sautéed spinach, or roasted cherry tomatoes

## Storage & Reheating

**Refrigerator:** Store leftovers in an airtight container for up to 2 days.

**Reheat:** Warm gently in a skillet over low heat with a splash of water or olive oil.

## Recipe Variations

- Add red pepper flakes for a spicy Sicilian twist
- Finish with a small pat of butter for extra richness
- Add olives for brinier Mediterranean flavor
- Serve over pasta or rice for a heartier meal