



Blackened Swordfish with Picasso Melon, Mint & Chili Tzatziki Sauce

This is a great combination of cool and refreshing, to go along with both temperature and spicy heat. The goal is to take the blacked swordfish steaks, piping hot right out of the cast iron, and serve not the cool Picasso melon Tzatziki sauce. The melon is very sweet and crunchy, when you add that to the chili and onion it makes a very nice combination. Enjoy!

Ingredients

1/2 Majesty Picasso Melon, seeded, skinned, Finley diced	2 cups extra virgin olive oil
4 yellow wax chili's, seeded finely diced	1 cup greek yogurt
1 yellow hot house pepper, seeded and diced	1/2 cup mayonnaise
1/2 red onion, finely diced	1.5 oz fresh mint, finely diced
	1 tsp fish sauce
	1 tbs red pepper

Make the Swordfish

4 oz Sashimi Grade Swordfish Steaks, apply a little extra virgin olive oil, then cote heavily with Blackened Spice. Allow to sit at least an hour. Preheat your oven to 400 Deg. In a heavy cast iron pan, sear each side about 2 min per side - make sure pan is extremely hot! Finish for 3 minutes in the oven. Plate Tzatziki, serve hot fish right on top!

Make the Tzatziki

Mix all of the ingredients above. Let rest in a bowl, refrigerated for at least 4/5 hours, before serving.

SELECTION

Ripe cantaloupe has a sweet, slightly musky scent. A good cantaloupe feels heavy for its size, has a rind that resembles raised netting, and a stem end that yields slightly when pressed with your thumb.

Ask for Majesty Picasso melon in your local store today!

