



GRILLED SWORDFISH TACOS

Category: Fish

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Grilled Swordfish Tacos

Grilled Swordfish Tacos are a delightful fusion of fresh, smoky flavors and vibrant toppings, making them a perfect choice for seafood lovers.

Swordfish, known for its firm texture and mild flavor, holds up beautifully on the grill and pairs wonderfully with zesty toppings like citrus slaw, creamy avocado, and tangy sauces.

Whether you're hosting a summer barbecue or looking for a quick and healthy dinner, these tacos are versatile and easy to prepare. They bring a taste of the seaside straight to your plate, making every bite a tropical escape.

Ingredients

For the Swordfish:

1 pound swordfish steaks, cut into thick strips

2 tablespoons olive oil

1 teaspoon chili powder

1/2 teaspoon cumin

1/2 teaspoon smoked paprika

1/4 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon black pepper

Juice of 1 lime

For the Citrus Slaw:

2 cups shredded cabbage (red or green, or a mix)

1 small carrot, julienned

2 tablespoons fresh cilantro, chopped

Juice of 1 orange

Juice of 1 lime

1 tablespoon olive oil

Salt and pepper to taste

For Assembly:

8 small corn or flour tortillas, warmed

1 avocado, sliced

1/2 cup sour cream or Greek yogurt

Hot sauce or salsa (optional)

Lime wedges for garnish

How to Make Grilled Swordfish Tacos

Marinate the Swordfish:

In a small bowl, mix olive oil, chili powder, cumin, smoked paprika, garlic powder, salt, pepper, and lime juice. Rub this mixture all over the swordfish strips, ensuring they are evenly coated. Let the swordfish marinate for 15-20 minutes while you prepare the other components.

Prepare the Citrus Slaw:

In a large bowl, combine shredded cabbage, carrot, and cilantro. In a separate bowl, whisk together orange juice, lime juice, olive oil, salt, and pepper. Pour the dressing over the slaw and toss to coat. Set aside to let the flavors meld.

Grill the Swordfish:

Preheat a grill or grill pan to medium-high heat. Lightly oil the grill grates to prevent sticking. Place the swordfish strips on the grill and cook for 3-4 minutes per side, or until they are opaque and have nice grill marks. Remove from the grill and let them rest for a minute.

Assemble the Tacos:

Layer each tortilla with a portion of the citrus slaw, a few pieces of grilled swordfish, and slices of avocado. Top with a dollop of sour cream or Greek yogurt, a drizzle of hot sauce or salsa (if desired), and a squeeze of fresh lime juice.

Serve:

Arrange the tacos on a platter and serve immediately. Garnish with extra lime wedges and cilantro for added flavor.

Chef's Note

Fish Alternatives: Mahi-mahi, halibut, or even shrimp work well if swordfish is unavailable.

Grill Tips: Ensure the grill is hot to prevent sticking, and avoid overcooking the fish to keep it tender.

Toppings: Customize with your favorite toppings, such as pickled onions, queso fresco, or a mango salsa.

Nutrition Information (Per Serving)

Calories: 320

Protein: 24g

Carbohydrates: 20g

Fat: 17g

Fiber: 4g

Sodium: 280mg

Conclusion

Grilled Swordfish Tacos are a perfect blend of smoky, zesty, and creamy flavors that come together in a delightful handheld meal. Easy to prepare and endlessly customizable, these tacos are sure to become a favorite for any taco night or summer gathering. Pair them with a cold beverage, and enjoy a taste of coastal cuisine in your own home!