

Take a dive (pun most definitely intended!) into the land of creole with this buttery and spicy blackened swordfish. Seared together alongside fresh Brussels sprouts, it's a healthy yet hearty combo that's hard to resist.

### Blackened Swordfish with Seared Brussels Sprouts

Prep: 5 minutes

Total: 20 minutes

Serves: 2 servings

#### Ingredients:

2 6 ounce swordfish fillets

3-4 cups Brussels sprouts, stemmed and halved

2 tablespoons Ava Jane Avocado Oil

2 tablespoons Ava Jane Blackened Fish Seasoning

Dash of water

Sea salt to taste

Squeeze of fresh lemon (optional)

#### Instructions:

Heat a large cast iron skillet over medium-high heat.

Coat swordfish in 1 tablespoon avocado oil, then dust with Blackened Fish Seasoning.

Coat halved Brussels sprouts with remaining avocado oil, then add to the pan, searing for 3-5 minutes, stirring occasionally until the outer edges are browned.

Now, place the fish in the skillet (move Brussels sprouts to the side so the fish is touching the bottom of the skillet) and cook until it just starts to blacken but not burn (roughly 2 minutes each side), then flip it and do the same to the other side, stirring the Brussels sprouts as you flip the fish.

Add a dash of water to the pan, then cover and lower the heat to medium-low and cook for 5-6 minutes, or until Brussels sprouts are just tender.

Remove, then add salt to taste and garnish with fresh lemon.

Serve.