

WEEKLY SPECIALS

October 8th - October 15th

Swordfish

\$19.95



Ono Wahoo

\$17.95

Ginger Garlic Swordfish

Ingredients

- 2 swordfish fillets
- 2 tablespoons of butter
- 2 teaspoons of chopped fresh parsley
- 1 clove of garlic minced
- ½ teaspoon of grated ginger
- ⅓ teaspoon of crushed red pepper
- ½ teaspoon of grated lemon peel
- 1 tablespoon of olive oil
- sea salt to taste

Instructions

Step 1

Preheat oven to 400°F. In a small bowl blend together the butter, parsley, garlic, ginger, red pepper, and lemon peel - set aside.
Season the swordfish with salt.

Step 2

Place a skillet over medium-high heat and add one tablespoon of olive oil and the swordfish, salted side down. Pan-sear the swordfish for 1-2 minutes or until it has a nice color.

Step 3

Turn the swordfish over, and drain out any excess oil from the pan. Add a few tablespoons of water to the pan and place the pan in a preheated 400-degree oven.

Roast the swordfish for about 6-8 minutes and then remove from oven.

Step 4

Add seasoned butter mixture to the same skillet. Allow it to cook slightly over medium-high heat until melted and bubbling (1-2 minutes). Spoon butter sauce over the swordfish and serve.

Reminders

Tuesdays: \$2.00 off anything in the case.
Curbside assistance and delivery options are available.
Orders delivered Monday - Saturday
Ventura & Oxnard \$50 minimum
Ojai & Camarillo \$100 minimum

Monday - Friday
11:00 AM - 6:00 PM

Saturday & Sunday
10:00 AM - 4:00PM

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