



# WEEKLY SPECIALS

November 6th - November 12th



## Alaskan Halibut

### \$31.95



## Swordfish

### \$19.95

### Ginger Garlic Swordfish

#### Ingredients

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

#### Instructions

##### Step 1

Preheat oven to 400°F. Mix together the butter, parsley, garlic, ginger, red pepper, and lemon peel. Season the swordfish to taste with sea salt.

##### Step 2

Place an ovenproof skillet over medium-high heat and add one tablespoon of olive oil and the swordfish, salted side down.

Pan sear for 1-2 minutes.

##### Step 3

Turn the swordfish over. Carefully add a few tablespoons of water to the pan and place the pan in a preheated 400-degree oven. Roast the swordfish until just cooked through, about 6-8 minutes.

Transfer swordfish to a serving dish.

##### Step 4

Add seasoned butter mixture to the same skillet.

Allow it to cook slightly and then pour sauce over the swordfish and serve with your favorite side dishes

#### 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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