

Zaatar Crusted Swordfish

Ingredients

Serves 8

- 40g (1/4 cup) sesame seeds
- 1 1/2 tbsp sumac powder
- 1 1/2 tbsp dried thyme leaves
- 3 tsp dried oregano leaves
- 8 (about 200g each, 1.5cm thick) swordfish steaks
- 80ml (1/3 cup) olive oil
- Salt & freshly ground black pepper



Method

Combine sesame seeds and sumac in a bowl. Place the thyme and oregano in a mortar and pestle and gently pound until crushed. Add to the sesame-seed mixture and stir to combine.

Preheat barbecue grill on high. Pat swordfish dry with paper towel and sprinkle both sides with zaatar mixture, pressing firmly to coat. Drizzle with oil.

Cook swordfish on preheated barbecue grill for 3 minutes each side or until just cooked through. Season with salt and pepper and serve immediately.