

Pan-Seared Cod in White Wine Tomato Basil Sauce

prep 15 mins

cook 25 mins

total 40 mins

yield 4 servings

A quick and easy recipe for Pan-Seared Cod in White Wine Tomato Basil Sauce!

Ingredients

- For the White Wine Tomato Basil Sauce:
- 2 tablespoons olive oil
- 1/2 teaspoon crushed red pepper flakes
- 2 large cloves (or 3 smaller cloves) garlic, finely minced
- 1 pint cherry tomatoes, sliced in half
- 1/4 cup dry white wine
- 1/2 cup fresh basil, finely chopped
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon fresh lemon zest
- 1/2 teaspoon salt (more to taste)
- 1/4 teaspoon fresh ground black pepper (more to taste)
- For the Cod:
- 2 tablespoons olive oil
- 1 and 1/2 pounds fresh cod, cut into 4 fillets (or four 6 ounce fillets)
- Salt and pepper

Instructions

For the White Wine Tomato Basil Sauce:

1. Heat oil in a large non-stick saute pan over medium heat. Add crushed red pepper flakes and garlic and saute for 1 minute, or until garlic is fragrant. Add the cherry tomatoes and cook, stirring occasionally, until they're soft and blistering, but still hold their shape, about 12 minutes. Add in the white wine, stir, and allow the mixture to come to a light simmer. Stir in the basil, lemon juice, lemon zest, salt, and pepper and cook for 2 minutes. Transfer the sauce into a bowl and set aside until needed.

For the Cod:

2. Heat oil in a large non-stick saute pan over medium heat. Season both sides of cod with salt and pepper. Place cod in the oil and cook until golden brown, about 5 minutes. Carefully flip the cod over and place the pan in the oven to continue cooking for another 5 minutes, or until it's cooked through.
3. Pour the white wine tomato basil sauce over the cod and serve at once.

Serves well over linguine cooked in olive oil and lemon!