

## Pan-Seared Mediterranean Cod in Tomato Basil Sauce

Light, flaky cod meets the bold, rustic flavors of the Mediterranean in this



**TIME**  
**30 min**

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### INGREDIENTS

For the Cod and Sauce:

- 4 cod fillets (about 150-180g each)
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 cups cherry tomatoes, halved
- 1 can (14.5 oz) diced tomatoes
- $\frac{1}{2}$  cup fresh basil leaves, chopped
- $\frac{1}{4}$  cup dry white wine
- Salt and pepper, to taste
- Lemon wedges, for serving

### DIRECTIONS

1. Season and Sear the Cod: Pat cod fillets dry and season both sides with salt and pepper.
2. In a large skillet, heat 1 tablespoon olive oil over medium-high heat.
3. Add cod and sear for 3-4 minutes per side, until golden and opaque.
4. Transfer fillets to a plate and keep warm.
5. Make the Tomato Basil Sauce: In the same skillet, add the remaining 1 tablespoon olive oil.
6. SautØ the onion and garlic for 2-3 minutes, until softened.
7. Add cherry tomatoes and cook another 3 minutes, until they begin to break down.
8. Stir in diced tomatoes, white wine, and half of the chopped basil.
9. Simmer for 10 minutes, stirring occasionally.
10. Return the Cod and Finish: Return the seared cod fillets to the skillet.
11. Spoon the sauce over the top.
12. Simmer gently for 2-3 minutes to heat through and let flavors meld.
13. Serve: Plate each cod fillet with a generous spoonful of the tomato basil sauce.
14. Garnish with the remaining basil and lemon wedges.

### SWAPS & NOTES

and Swaps Fish: Cod is ideal, but you can also use haddock, halibut, or tilapia.

Use two extra medium tomatoes, chopped.

Basil: Sub with parsley if needed, but basil really gives it a Mediterranean touch.

Sub with veggie broth or a splash of lemon juice. ? Recipe  
Timing Prep Time: 10 minutes Cooking Time: 20 minutes Total Time:  
30 minutes Servings: 4 Calories: ~250 kcal per serving  
??? Step-by-Step Instructions 1.

### TIPS FOR SUCCESS

Don't overcrowd the pan when searing cod-use two pans or do it in batches.

Use firm white fish to prevent breaking apart during cooking.

For extra flavor, add a pinch of red pepper flakes while sautéing the garlic.

If your sauce is too thick, splash in more wine or a tablespoon of water. ?

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Original recipe: <https://chefmaniac.com/pan-seared-mediterranean-cod-in-tomato-basil-sauce/>