

## Pan-Fried Cod in Citrus Basil Butter Sauce

Bright, buttery, and bursting with citrus flavor, this



**OVEN**  
**250°F**

**TIME**  
**10 min**

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### INGREDIENTS

2 cod fillets (about 8 oz each)  
2 oranges (1 for zest and juice, 1 for slicing and sauce)  
1 lemon (zest and juice)  
¾ cup olive oil (divided)  
3 tbsp unsalted butter (divided)  
1 tsp light brown sugar  
Salt and freshly ground black pepper  
... cup fresh basil, shredded

### DIRECTIONS

1. Marinate the Cod: Place cod fillets in a shallow baking dish.
2. Zest 1 orange and the lemon, then sprinkle over the fish.
3. Squeeze the juice of both fruits over the fillets.
4. Drizzle with ... cup olive oil, then cover and marinate in the fridge for at least 1 hour.
5. Sear the Fish: Preheat oven to 250°F (120°C)-this will keep your cod warm while you finish the sauce.
6. Heat the remaining ... cup olive oil in an oven-safe skillet over medium heat.
7. Lightly shake excess marinade off the fish and season both sides with salt and pepper.
8. Sear cod for 3-4 minutes per side, until golden and opaque.
9. Transfer pan to the oven to keep warm.
10. Make the Citrus Basil Sauce: In a clean pan, melt 2 tbsp butter over medium heat.
11. Add the brown sugar and pour in the leftover marinade.
12. Slice the second orange and squeeze in its juice.
13. Bring to a low boil and reduce by half, whisking occasionally.
14. Add the shredded basil and the final 1 tbsp of butter, whisking until silky.
15. Serve: Remove fish from the oven and plate it.
16. Spoon the warm citrus basil sauce generously over each filet.
17. Serve with additional orange slices and a fresh basil garnish if desired.

## SWAPS & NOTES

**Butter Substitute:** Use margarine or vegan butter for a dairy-free option.

**Fish Choice:** Choose wild-caught Pacific cod for sustainability; halibut or haddock work too.

**Sweetener:** Replace brown sugar with maple syrup or agave nectar for a refined sugar-free version.

Marinate the Cod Place cod fillets in a shallow baking dish.

## TIPS FOR SUCCESS

Don't skip the marinade -it deeply infuses the cod with bright citrus flavor.

Cook over medium heat to avoid burning the butter or drying the fish.

Reduce the sauce until it coats the back of a spoon-it should be glossy and pourable, not runny. ?

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/pan-fried-cod-in-citrus-basil-butter-sauce/>