

Baked Cod with Roasted Tomatoes, Garlic & Lemon: Easy & Flavorful

(a baking dish!) for minimal cleanup, while delivering maximum taste. The



OVEN
425°F

TIME
10 min

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INGREDIENTS

3 tablespoons extra virgin olive oil, plus more for brushing

1 tablespoon red wine vinegar, or sherry vinegar

1 shallot, thinly sliced

4 garlic cloves, rough chopped

1/4 teaspoon salt

1/4 teaspoon pepper

2 cups cherry or grape tomatoes (mixed colors are nice here)

1 lemon - zest (set aside) and lemon slices

1 - 1 1/4 lb cod fillets (4-6 pieces, thicker pieces work best here - 1 inch thick or more)

Salt, pepper, and Aleppo chili flakes to taste (for fish seasoning)

1/4 cup basil leaves, torn (fresh)

Black Rice Pilaf

Everyday Quinoa

Creamy Polenta

Smashed Potatoes

Mashed Potatoes

Swaps and Notes:

Cod Fillets: Thicker fillets (1 inch or more) are recommended as they cook evenly with the tomatoes.

Other firm white fish like halibut, snapper, haddock, or even salmon (adjust baking time slightly) can be substituted.

Olive Oil: Extra virgin olive oil provides the best flavor for this dish.

Red Wine Vinegar: Adds a lovely tang. Sherry vinegar is a great alternative. Balsamic vinegar could also work for a different flavor profile.

Shallot: A shallot offers a milder, sweeter onion flavor than a regular onion.

Garlic: Rough chopped garlic adds robust flavor. Minced garlic can also be used.

Tomatoes: Cherry or grape tomatoes are ideal as they burst and create a natural sauce. Mixed colors add visual appeal.

Lemon: Fresh lemon zest and slices are crucial for brightness and aroma.

Aleppo Chili Flakes: These add a mild, fruity heat. Red pepper flakes can be substituted for more heat, or omitted for a non-spicy version.

Basil: Fresh basil leaves add a beautiful aroma and fresh finish. Don't use dried basil for garnish.

Serving Sides: The suggested sides are excellent for soaking up the delicious pan juices.

DIRECTIONS

1. Let's get this delicious : Baked Cod with Roasted Tomatoes and Herbs cooking!
2. Preheat : Oven & Prep Baking Dish: Preheat your oven to 425°F (220°C). Pour 3 tablespoons of extra virgin olive oil and the 1 tablespoon of red wine vinegar into a 9x13-inch baking dish.
3. Roast : Aromatics & Tomatoes (Initial): Scatter the thinly sliced shallots and rough chopped garlic into the baking dish. Add the cherry or grape tomatoes, 1/4 teaspoon salt, 1/4 teaspoon pepper, and the lemon slices. Toss everything together to combine well. Roast in the preheated oven for 10 minutes. This gives the tomatoes a head start and allows the flavors to begin melding. After 10 minutes, give the tomatoes a good shake in the pan.
4. Prepare the : Fish: While the tomatoes are roasting, pat the cod fillets very dry with paper towels. This helps ensure the fish cooks evenly and gets a better texture. Brush the fish with a little extra olive oil, and then sprinkle both sides with salt, pepper, and the Aleppo chili flakes (if using) to taste.
5. Add : Fish to Dish & Lower Heat: After the tomatoes have roasted for 10 minutes, remove the baking dish from the oven. Gently nestle the seasoned cod fillets in the baking dish, placing them between the tomatoes and ensuring they are in a single layer. Lower your oven temperature to 400°F (200°C).
6. Bake : Fish (First Stage): Return the baking dish to the oven and bake for 8-10 minutes. After this time, give the pan a good shake, jostling the tomatoes a bit to help them burst further and release their juices. Scatter the reserved lemon zest evenly over the fish

and tomatoes.

7. Final : Bake: Bake for 3-4 more minutes, or until the fish is cooked through to your liking. The fish should be opaque throughout and flake easily with a fork. Be careful not to overcook.
8. Finish with : Basil & Serve: When done, remove the baking dish from the oven. Add the torn fresh basil leaves to the warm tomatoes and fish. Using tongs, gently toss the basil with the warm tomatoes so the basil wilts slightly and its fragrance is released. Garnish each piece of fish with a few wilted basil leaves. Serve immediately.
9. Serve with : Black Rice Pilaf, or Everyday Quinoa, Creamy polenta, Smashed Potatoes or Mashed Potatoes - these sides are perfect for soaking up the delicious pan juices! Feel free to sub other white fish for this recipe-just make sure it is at least one inch thick - to ensure even cooking times with the tomatoes.

SWAPS & NOTES

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Olive Oil: Extra virgin olive oil provides the best flavor for this dish.

Red Wine Vinegar: Adds a lovely tang.

TIPS FOR SUCCESS

Dry Fish is Key: Patting the fish fillets dry is crucial for getting a good sear and preventing a soggy texture.

Thicker Fillets: Using cod that is at least 1 inch thick ensures it doesn't overcook before the tomatoes are perfectly tender and saucy.

Roast Tomatoes First: Giving the tomatoes and aromatics a head start allows them to burst and create a flavorful base for the fish.

Don't Overcook Fish: White fish cooks very quickly.

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

Original recipe: <https://chefmaniac.com/baked-cod-with-roasted-tomatoes-garlic-lemon-easy-flavorful/>