

Mediterranean Cod with Tomato Basil Sauce: Quick & Healthy Dinner

Mediterranean Cod with Tomato Basil Sauce: A Taste of the Coast in Every Bite



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3 min

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INGREDIENTS

4 cod fillets (about 6 oz each), fresh or thawed
2 tablespoons olive oil
1 small onion, finely chopped
3 cloves garlic, minced
1 can (14.5 oz) diced tomatoes, undrained
 $\frac{1}{2}$ cup cherry tomatoes, halved
 $\frac{1}{2}$ teaspoon red pepper flakes (optional)
 $\frac{1}{2}$ teaspoon dried oregano
 $\frac{1}{2}$ teaspoon dried thyme
... cup fresh basil, chopped
... cup sliced Kalamata olives
2 tablespoons capers (optional)
Salt and black pepper, to taste
Juice of $\frac{1}{2}$ lemon

DIRECTIONS

1. Prepare the Sauce: Heat the 2 tablespoons of olive oil in a large skillet (one with a lid) over medium heat. Add the finely chopped onion and sauté for about 3 minutes until it softens and becomes translucent. Stir in the 3 minced garlic cloves and cook for an additional 30 seconds until fragrant. Be careful not to let the garlic burn. Now, stir in the 1 can diced tomatoes (undrained), $\frac{1}{2}$ cup halved cherry tomatoes, $\frac{1}{2}$ teaspoon red pepper flakes (if using), $\frac{1}{2}$ teaspoon dried oregano, and $\frac{1}{2}$ teaspoon dried thyme. Bring the sauce to a gentle simmer, then lower the heat and let it simmer for about 5 minutes to allow the flavors to meld.
2. Cook the Cod: While the sauce is simmering, pat the cod fillets dry with paper towels and season them generously on both sides with salt and black pepper. Carefully nestle the seasoned cod fillets directly into the simmering tomato sauce in the skillet. Ensure they are partially submerged in the sauce. Cover the skillet with a lid and let the fish simmer gently in the sauce for 8 to 10 minutes, or until the cod flakes easily with a fork and is opaque throughout. Cooking time will vary slightly depending on the thickness of your fillets.
3. Add the Finishing Touches: Once the cod is cooked, remove the lid. Stir in the ... cup fresh chopped basil, ... cup sliced Kalamata olives, and 2 tablespoons capers (if using). Squeeze the juice of $\frac{1}{2}$ lemon over the sauce. Stir gently, being careful not to break up the fish, and let it cook for just 1-2 more minutes to warm through the new additions and let their flavors infuse.

4. Serve: Serve the Mediterranean Cod with Tomato Basil Sauce immediately. It's delicious served over fluffy rice, protein-rich quinoa, or with warm, crusty bread for soaking up every last bit of that incredible sauce. Enjoy your delicious, healthy meal!

SWAPS & NOTES

Cod Fillets: You can use fresh or frozen (and thawed) cod fillets.

Other firm white fish like halibut, snapper, or even tilapia can be substituted, though cooking times may vary slightly.

Tomatoes: Canned diced tomatoes form the base, but you can also use a 14.5 oz can of crushed tomatoes for a smoother sauce.

The cherry tomatoes add a fresh burst of sweetness and texture.

TIPS FOR SUCCESS

Fresh Ingredients Shine: The quality of your fresh basil, garlic, and cod will truly make this dish sing.

Don't Overcook Cod: Cod cooks quickly.

Cook until it just flakes easily to keep it moist and tender.

Season in Layers: Seasoning the fish and the sauce ensures a well-balanced flavor throughout.

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

Original recipe: <https://chefmaniac.com/mediterranean-cod-with-tomato-basil-sauce-quick-healthy-dinner/>