

Pan-Seared Cod with Mediterranean Tomato Basil Sauce (Easy 30-Minute Dinner)

Pan-Seared Cod with Mediterranean Tomato-Basil Sauce



TIME
30 min

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INGREDIENTS

- 4 cod fillets
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 cups cherry tomatoes, halved
- 1 can (14.5 oz) diced tomatoes
- 1/4 cup dry white wine
- 1/2 cup fresh basil leaves, chopped
- Salt and pepper to taste
- Lemon wedges for serving

DIRECTIONS

- 1.** Prepare the Cod: Pat the cod fillets dry with paper towels. Season both sides generously with salt and pepper.
- 2.** Sear the Cod: Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the cod fillets and cook for 3-4 minutes per side until golden brown and cooked through. The fish should flake easily with a fork.
- 3.** Remove from the skillet and set aside.
- 4.** SautØ the Aromatics: In the same skillet, add the remaining tablespoon of olive oil. Add chopped onion and garlic. SautØ for 2-3 minutes until softened and fragrant.
- 5.** Cook the Tomatoes: Add the cherry tomatoes and cook for about 3 minutes, allowing them to soften and begin breaking down.
- 6.** Make the Sauce: Stir in diced tomatoes, white wine, and half the chopped basil. Simmer for 10 minutes to allow flavors to meld and slightly reduce.
- 7.** Combine & Simmer: Return the cod to the skillet. Spoon sauce over the top and simmer for another 2-3 minutes until heated through.
- 8.** Serve: Garnish with remaining fresh basil and serve with lemon wedges for a bright finish.

SWAPS & NOTES

Halibut, haddock, or even tilapia work beautifully.
Substitute seafood broth or chicken broth.

Swap canned diced tomatoes for 2 cups of chopped ripe tomatoes.
Use high-quality olive oil - it makes a noticeable difference in

Mediterranean recipes.

