



COD IN WHITE WINE TOMATO BASIL SAUCE

Ingredients

For the Cod:

2 tablespoons olive oil
700g fresh cod, cut into 4 fillets
Salt and pepper

For the Sauce:

2 tablespoons olive oil
3 large cloves garlic, finely minced
300g cherry tomatoes, sliced in half
1/4 cup dry white wine
1/2 cup fresh basil, finely chopped
2 tablespoons fresh lemon juice
1/2 teaspoon fresh lemon zest
1/2 teaspoon salt (more to taste)
1 teaspoon granulated sugar
1/4 teaspoon fresh ground black pepper (more to taste)

Method

For the Sauce

Heat oil in a large frying pan over medium heat. Add the garlic and gently fry for 1 minute, or until garlic is fragrant.

Add the cherry tomatoes and cook, stirring occasionally, until they're soft and blistering, but still hold their shape, 9 to 12 minutes.

Add in the white wine, stir, and allow the mixture to come to a gentle simmer.

Stir in the basil, lemon juice, lemon zest, salt, sugar, and pepper and cook for 2 minutes. Transfer the sauce into a bowl and set aside.

For the Cod

Heat oil in a large frying pan over medium heat. Pat the cod dry with paper towels. Then season both sides with salt and pepper.

Place cod in the oil and cook until golden brown, about 3 minutes. Carefully flip over and continue cooking for another 3 to 4 minutes, until just cooked through. Be gentle with it!

Pour the white wine tomato basil sauce over the cod, let the sauce warm up for a minute, then remove from heat and serve at once - with pasta, rice or even chips!