RECIPE  
Pan-Seared Cod in White Wine Sauce

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# Ingredients

* **For the Sauce:**
* 2 tbsp olive oil
* ½ tsp crushed red pepper flakes
* 2 large cloves garlic, finely minced
* 1 pint cherry tomatoes, sliced in half
* ¼ cup dry white wine
* ½ cup fresh basil, finely chopped
* 2 tbsp fresh lemon juice
* ½ tsp salt
* ¼ tsp ground black pepper
* **For the Cod:**
* 2 tbsp olive oil
* 1 ½ pounds fresh cod, cut into 4 fillets
* Salt and pepper to taste

# Preparation

1. Preheat the oven to 375 degrees F
2. **Make the Sauce:** heat oil in a large saute pan over medium heat. Add crushed red pepper flakes and garlic and saute for 1 minute, or until garlic is fragrant. Add 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, and pepper and cook for 2 minutes. Transfer into a bowl and set aside.
3. **Make the Cod:** Heat oil in a large saute pan over medium heat. Season both sides of the cod with salt and pepper. Place the cod in the oil and cook until golden brown, about 5 minutes. Carefully flip the cod over and place the pan in the oven to continue cooking for another 5 minutes, or until it’s cooked through.
4. Pour the sauce over the cod and serve.