



RECIPE | TOMATOES



PAN-SEARED COD WITH TOMATOES



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INGREDIENTS

For the sauce:

- 1 lb Pure Flavor® Chocolate Rose Brown Beefsteak Tomatoes, chopped
- ¼ cup dry white wine
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 2 tbsp garlic, minced
- 1 tbsp lemon zest
- 1 tsp sugar

- ¼ tsp crushed red pepper flakes
- Salt and pepper, to taste
- Green onion, chopped for garnish
- Fresh oregano, for garnish

For the cod:

- 1½ lb fresh cod, cut into filets
- 2 tbsp olive oil
- Salt and pepper, to taste



40 min

15 min
PREP.

25 min
COOKING



4



easy

DIRECTIONS

- 1 To make the sauce, heat oil over medium heat in a large sauté pan. Add red pepper flakes and garlic, sauté for 1 minute
- 2 Add the tomatoes to the pan and cook, stirring occasionally, until they are soft and blistering.
- 3 Add in the wine, stir, and allow the mixture to come to a gentle simmer.
- 4 Stir in the lemon juice, lemon zest, sugar, salt, and pepper and cook for 2 minutes and set aside.
- 5 For the cod, heat oil in a large pan over medium heat. Pat the cod dry and season both sides with salt and pepper.
- 6 Add the fish to the pan and cook for about 3 minutes on the first side, then carefully flip the cod over and continue cooking for another 3 minutes, or until it is golden brown and cooked through.
- 7 Pour the sauce over the cod, then remove from heat. Garnish with oregano leaves and green onions.