



# Pan-Seared Cod in White Wine Tomato Basil Sauce

## Ingredients

- ½ tbsp olive oil
- 1 pinch crushed red pepper flakes
- 1 large clove garlic, finely minced
- ¼ pint cherry tomatoes, sliced in half
- ¼ cup dry white wine
- 4 fresh basil leaves, finely chopped
- 2 tsp fresh lemon juice
- ¼ tsp fresh lemon zest
- Salt & fresh ground black pepper (to taste)
- ½ tbsp olive oil
- 2 oz flour OR almond flour
- 4 oz fresh haddock or cod fillet
- salt and pepper

## Directions

1. Heat oil in a large sauté pan over medium heat.
2. Season both sides of cod with salt and pepper. Place cod in the oil and cook until golden brown, about 4-5 minutes.
3. Carefully flip the cod over and sear 1 minute longer.
4. Transfer fish to oven safe pan and place the pan in the oven for 5 minutes, or until it's cooked through.
5. For the sauce, heat oil in a large sauté pan over medium heat. Add crushed red pepper flakes and garlic. Sauté for 1 minute, or until garlic is fragrant. Add cherry tomatoes, stir, and cook for 4-7 minutes until they're soft and blistering.
6. Add 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.
7. Pour the white wine tomato basil sauce over the fish and serve at once. Enjoy!

### Healthy Tip:

Use a non-stick pan to reduce the amount of oil needed.

Calories 486

Total Fat 19 g

Saturated Fat 2 g

Cholesterol 84 mg

Sodium 496 mg

Total Carbohydrate 70 g

Dietary Fiber 1 g

Sugars 53 g

Protein 30 g