

## LEMON TOMATO BASIL COD RECIPE

### Ingredients

(Adapted from [Baker by Nature](#))

For the White Wine Sauce

- 2 Tablespoons (Tbsp) olive oil
- 1/2 teaspoon (tsp) crushed red pepper flakes
- 2 large cloves garlic, finely minced
- 1 pint multi-colored (red, yellow, orange) cherry tomatoes (red cherry tomatoes perfectly fine if can't find), sliced in half
- 2 Tablespoons (Tbsp) fresh lemon juice
- 1/2 teaspoon (tsp) fresh lemon zest
- 1/4 teaspoon (tsp) [Cherchies Basil Pizzazz](#)
- 1/4 cup white wine
- 2 Tablespoons (tbsp) butter

For the fish

- 2 Tablespoons (Tbsp) olive oil
- 1 and a 1/2 pounds fresh cod, cut into 4 fillets
- [Cherchies Garlic Seasoning](#) and pepper to taste
- 1/4 cup fresh basil, finely chopped (for garnish)

### Preparation

For the Sauce:

In a large pan, heat oil over medium heat. Add the crushed red pepper flakes and garlic and saute for 1 minute. Add the halved cherry tomatoes and cook, stirring occasionally, for about 9 to 12 minutes. Tomatoes should be soft, but still should retain their shape. Add in the white wine, stir, and allow the mixture to come to a simmer. Stir in [Cherchies® Basil Pizzazz](#), lemon juice, lemon zest, and butter, and cook for 2 minutes. Transfer the sauce and tomatoes into a bowl and set aside temporarily.

For the Fish:

Using the same pan, heat the oil over medium heat. Season both sides of cod with Cherchies® Garlic Seasoning and pepper. Place cod in the oil and cook until golden brown, about 5 minutes. Carefully turn the cod over and continue cooking for another 5 minutes, or until it's cooked through. Add in the tomatoes and the sauce to the pan and heat for a minute with the cod.

Serve the cod immediately and pour the sauce over the fish. Garnish with chopped basil and lemon wedges for a beautiful presentation. Serve this recipe with our Strawberry Spinach Salad and sop up the sauce with [The Best Darn Garlic Bread Recipe](#).

Enjoy!

