

Cod in Tomatoes with Wine

Savannah · 30/09/2024

**Prep Time**

55 mins

Difficult

Medium

Servings

2

Description

Easy but delicious Great for those watching their diet and for those that want a decent feast Serve with vermicelli noodles new potatoes or salad

Ingredients

- - 6 vine-ripened tomatoes - 1 tablespoon vegetable oil - $\frac{3}{4}$ onion
- finely chopped - 2 cloves garlic
- chopped - 1 fresh red chile pepper
- seeded and chopped - 1 cup dry white wine
- or more as needed - salt and ground black pepper to taste - $\frac{1}{4}$ cup chopped fresh basil - 2 tablespoons chopped fresh parsley - 2 (4 ounce) cod loins - 8 large uncooked prawns
- peeled and deveined

Instructions

1. Slice an 'X' in the bottom of each tomato. Bring a pot of water to a boil; boil tomatoes for 2 minutes. Remove with a slotted spoon and place in a bowl of iced water for 1 minute. Peel tomatoes
2. starting from the 'X' side; chop. Heat vegetable oil in a skillet over low heat; cook and stir onion and garlic until fragrant
3. about 2 minutes. Add chile pepper and tomatoes; cook and stir until tomatoes begin reduce
4. 5 to 8 minutes. Pour in wine; cook over medium heat until wine reduces slightly
5. about 5 more minutes. Stir in salt
6. black pepper
7. basil
8. and parsley. Place cod loins into tomato mixture; cover and cook for 5 minutes. Turn cod and cook other side until fish flakes easily with a fork
9. 3 to 5 minutes. Add prawns; cover and cook until prawns are bright pink on the outside and the meat is no longer transparent in the center
10. 2 to 3 minutes. Season with salt and black pepper.