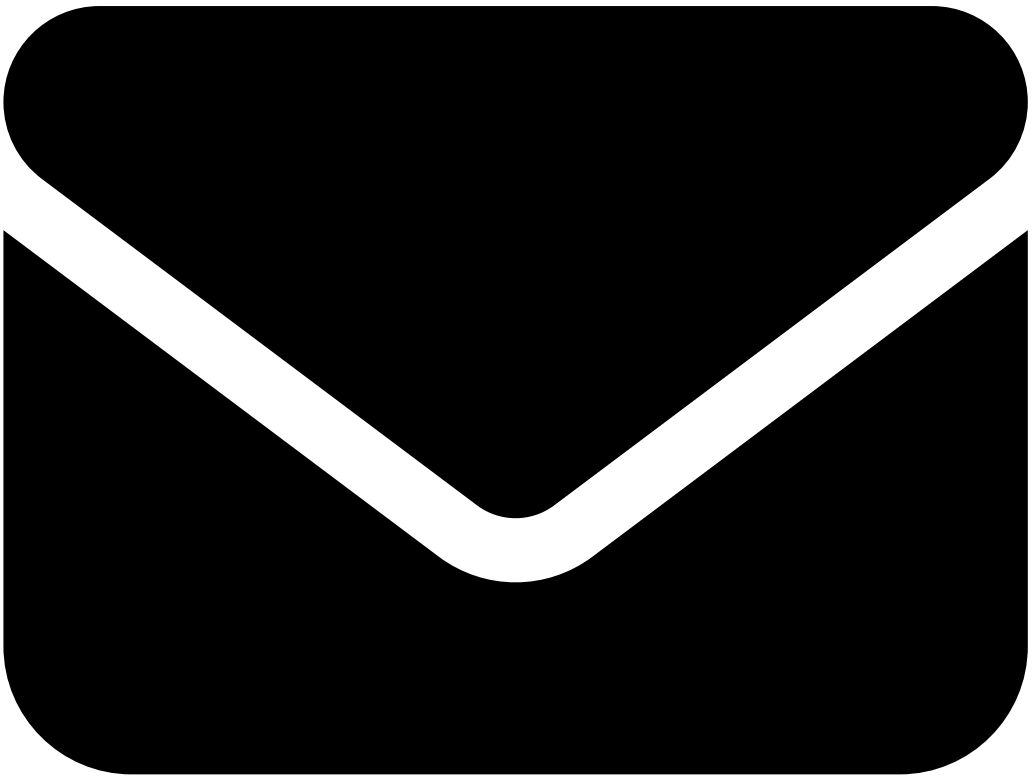
Oven baked Mediterranean cod dinner

Oven Baked Mediterranean Cod Dinner

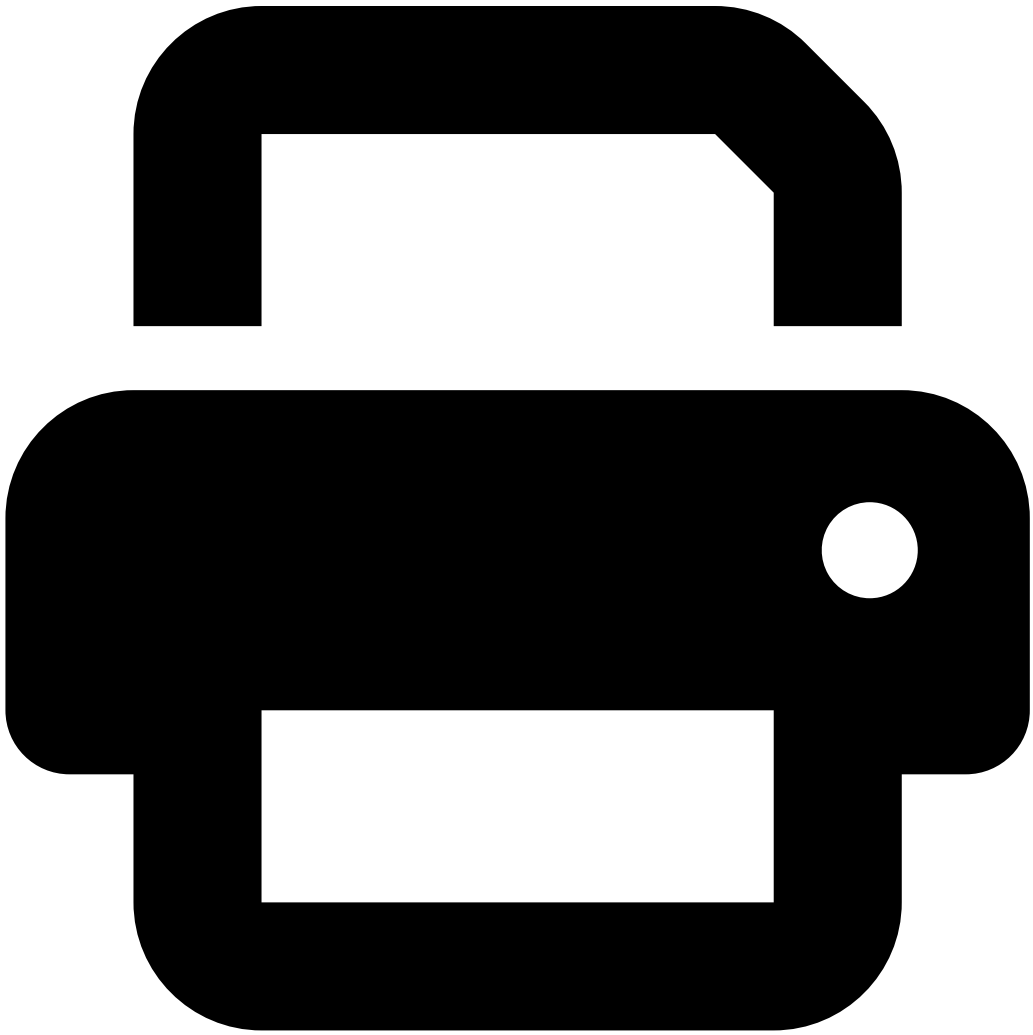
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This **Oven-Baked Mediterranean Cod** is an easy, healthy fish dinner packed with fresh Mediterranean flavors. Tender, flaky cod is baked in one pan with potatoes, juicy tomatoes, and a savory white wine sauce that brings all the flavors together. The fish comes out perfectly moist and flaky, while the potatoes soak up the delicious sauce as they cook.

Best of all, this **Mediterranean baked cod recipe** is ready in less than 30 minutes, making it perfect for busy weeknights when you want something delicious without spending hours in the kitchen. With simple ingredients, easy preparation, and minimal cleanup, this one-pan cod dinner is a flavorful, satisfying meal the whole family can enjoy.

Tips for Making the Best Oven-Baked

Mediterranean Cod

Season the fish generously. Mediterranean cooking is all about simple ingredients and bold flavors. Use a good-quality olive oil along with a combination of dried and fresh herbs, garlic, salt, and pepper. Cod has a mild flavor, so seasoning it well helps bring out its natural taste and makes every bite delicious.

Don’t overcook the cod. Cod is a lean fish that can dry out if it’s baked for too long. That’s why I cook the potatoes and tomatoes first before adding the fish to the pan. This gives the vegetables time to soften and develop flavor while allowing the cod to cook just until it’s tender, moist, and flaky. The fish is ready when it flakes easily with a fork and reaches an internal temperature of 145°F.

Add your favorite vegetables. One of the things I love about Mediterranean cooking is how easy it is to incorporate fresh vegetables into a meal. I use potatoes and tomatoes in this recipe, but zucchini, bell peppers, or broccoli are delicious additions. Roasting the vegetables together allows them to absorb the olive oil, herbs, and flavorful sauce, creating a satisfying one-pan dinner.

Storage and Reheating

Refrigerating: Store leftover Mediterranean baked cod and vegetables in an airtight container in the

refrigerator for up to 3 days.

Reheating: For the best results, reheat the cod gently in the oven at 300°F, covered with foil, until warmed through. Add a splash of water or broth to the sauce if needed to keep the fish moist. Avoid overheating, as cod can become dry.

Make-ahead tip: You can prepare and partially cook the

potatoes and tomatoes ahead of time. When you're ready for dinner, add the seasoned cod and finish baking until the fish is cooked through.

What to Serve with Mediterranean Baked Cod

This one-pan cod dinner is delicious on its own, but if you're looking for more Italian-inspired meals, try my **Italian Roasted Sausage, Peppers and Potatoes Roasted Parmesan Broccoli**, or **Easy Authentic Spaghetti Carbonara** for more dinner inspiration.

For this recipe, a sturdy **oven-safe baking dish**, a good **chef's knife**, and a **digital instant-read thermometer** make preparation easier and help you cook the fish perfectly.

If you make this Oven-Baked Mediterranean Cod Dinner, please leave me a comment and let me know how it turned out! I love hearing from you, and it's my favorite part of sharing my recipes. Let me know which vegetables you used or if you made any changes to the recipe.

Oven Baked Mediterranean Cod Dinner



This Oven-Baked Mediterranean Cod Dinner is an easy, healthy one-pan meal featuring tender, flaky cod baked with potatoes, juicy tomatoes, olive oil, herbs, and a savory white wine sauce. Ready in less than 30 minutes, this flavorful

Mediterranean-inspired fish dinner is perfect for busy weeknights.

- 2 lb. Alaskan cod
- 2 tsp. each onion+ garlic + paprika powder
- 3 medium peeled and thinly sliced potatoes
- 1 Tbsp. thyme and 1 Tbsp. rosemary
- 2 Tbsp. minced garlic divided
- 1 cup white wine
- 2 cups cherry tomatoes
- 1 cup pitted kalamata olives
- 1/2 cup capers
- salt and pepper to taste

1. **Prepare the vegetables:** Preheat the oven to 375°F. Peel the potatoes and slice them into even pieces so they cook evenly.

2. **Season the potatoes and tomatoes:** Arrange the sliced potatoes in an oven-safe baking dish. Add the tomatoes, olives, and capers. Drizzle with olive oil and white wine, then sprinkle with the thyme, rosemary, and half the garlic. Season with salt and pepper to taste and toss gently to combine.

3. **Bake the vegetables:** Place the baking dish in the preheated oven and bake for about 15 minutes, or until the potatoes begin to soften and the tomatoes start to blister.

4. **Prepare the cod:** Cut the cod into equal portions and pat dry with paper towels. Season with salt and pepper. In a small bowl, combine the onion, garlic, and paprika, then rub the mixture evenly over the fish fillets.

5. **Add the fish:** Remove the baking dish from the oven and arrange the seasoned cod fillets over the potatoes and tomatoes.

6. **Finish baking:** Return the dish to the oven and bake for another 10–15 minutes, depending on the thickness of the fish, until the cod is opaque, flakes easily with a fork, and reaches an internal temperature of 145°F.

7. **Serve:** Spoon the potatoes, tomatoes, olives, capers, and pan juices around the cod. Serve immediately while hot.

Cook the potatoes and tomatoes before adding the cod so the vegetables have time to soften. Cod cooks quickly, so bake it just until opaque and flaky, reaching an internal temperature of 145°F.
Main Course
Mediterranean
oven-baked Mediterranean cod