

# Tomato piccata Alaskan cod

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Bright, zesty, and full of Italian – inspired flavors, this tomato piccata Alaskan cod recipe is a showstopper that transforms weeknight meals into something special. The tender , flaky Alaskan cod is simmered in a luscious tomato and caper sauce, elevated with white wine and fresh lemon for the signature piccata tang. Whether you're a seafood lover or just looking to switch up your dinner routine, this dish brings a restaurant- quality experience to your table.

What makes this recipe really special is its versatility and simplicity. With just a handful of ingredients and minimal prep, you can create a meal that feels both healthy and indulgent. Serve it over angle hair pasta or alongside roasted vegetables for a complete meal that's as delicious as it is beautiful. This tomato piccata Alaskan cod is perfect for everything from casual family meals to Saturday night dinner with friends.

## Why you will love this tomato piccata Alaskan cod

1. Easy to prepare: This tomato piccata Alaskan cod is easy to make, requiring just one pan and minimal prep. With just a handful of simple, fresh ingredients, you can create a restaurant quality dish. Perfect for busy nights or when you want an impressive meal with minimal effort.
2. Full of flavor: The combination of sweet tomatoes, tangy capers, fresh lemon juice and white wine creates a vibrant sauce that perfectly complements the mild ,

flaky Alaskan cod.

3. Nutritious and healthy: Made with heart – healthy Alaskan cod, this dish is high in lean protein and omega-3 fatty acids. The fresh wholesome ingredients make it a guilt-free option that taste delicious . This tomato piccata Alaskan cod is simple and delicious, It's the perfect recipe if you want to incorporate more fish into your diet.

## Ingredients

- 2 Lbs. Alaskan cod
- 1/2 cup flour
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1/2 cup finely chopped onion
- 1 Tbsp. minced garlic
- 2 cups chopped tomatoes
- 1 cup my easy marinara sauce
- The juice from 1 lemon
- 1 cup white wine
- 1 cup chicken stock
- 1/2 cup capers
- 2 Tbsp. chopped Italian parsley for garnish.

## Instructions

1. Start by salt and peppering the fish then coat with the flour shaking off excess.
2. In a saute pan over medium high heat in the olive oil cook brown the cod on both sides. Remove and set aside while making the sauce.
3. In the same pan add the butter then add in the onion and garlic and cook until soft and translucent.
4. Add the tomatoes and cook until they burst. Add in the marinara sauce, white wine, lemon juice, chicken stock

and capers . Simmer for 15 minutes or until sauce thickens.

5. Add the cod back to the pan and simmer just about 3-5 minutes until the fish is heated. Plate the fish pour the tomato picante sauce over it ,sprinkle with chopped Italian parsley. ENJOY!!!