

# COD WITH TOMATO-BASIL RELISH

By Dr. Cindy Tanzar

This recipe, although light and Springy, is very flavorful and satisfying. While this recipe serves four, it can be easily cut in half for two servings. I often buy my cod fish at Sam's Club. It doesn't contain any STPP and is wild-caught. It also comes with several fillets in a bag and a lower price per serving.

Makes 4 servings.



## INGREDIENTS

- 4 Tbsp. organic coconut or avocado oil (divided)
- 4 wild-caught cod fillets
- 3 garlic cloves, minced
- 1/2 red onion, diced
- 1/2 tsp. crushed red pepper flakes (optional, but good!)
- 2 cups cherry tomatoes, halved
- 1/4 cup organic chicken broth
- 1/2 cup fresh basil, finely chopped
- 2 Tbsp. fresh lemon juice
- Zest from the lemon (optional)



- Pink Himalayan salt & freshly-ground pepper, to taste

## INSTRUCTIONS

Heat 2 Tbsp. oil in a skillet over medium heat. Add the garlic, onion and red pepper flakes, cooking 3 minutes. Add tomatoes and cook 2-3 minutes more. Pour in the chicken broth, bringing to a light boil, then stir in the basil, lemon juice, zest, salt and pepper. Simmering on low heat, cook 8-10 minutes.

In another skillet, heat 2 Tbsp. oil to medium heat. Add cod fillets seasoned with sea salt & pepper and cook 4-5 minutes per side or until cooked through.

Serve the cod topped with the tomato-basil relish. Enjoy!