

ROCK COD WITH CHERRY TOMATO SAUCE

4 PORTIONS OF ROCK COD, STRIPED BASS OR SWORDFISH
1 BASKET OF CHERRY TOMATOES (AROUND 24 TOMATOES)
2 CLOVES OF GARLIC
FRESH FLAT LEAF PARSLEY

SLICE THE CHERRY TOMATOES LENGTHWISE IN HALF.

PEEL AND CHOP 2 CLOVES OF GARLIC. TOSS WITH TOMATOES,
SALT AND PEPPER. (OPTIONAL: 1/2 TSP OF CHILI FLAKES)

HEAT A SPLASH OF GRAPE SEED OR CANOLA OIL IN A FRYING
PAN OVER HIGH HEAT FOR 2 MINUTES.

DRY THE FISH WITH PAPER TOWELS, SALT AND PEPPER AND LAY
SKIN-SIDE DOWN IN THE PAN.
(WITH SWORDFISH, ANY SIDE WILL DO.)

SHAKE THE PAN GENTLY TO MAKE SURE THE FISH IS NOT
STICKING.

AFTER A MINUTE, LOWER THE HEAT TO MEDIUM. COOK 3-4
MINUTES MORE OR UNTIL THE FISH IS COOKED ABOUT 3/4
THROUGH.

COVER. LOWER THE HEAT. COOK ANOTHER 2 MINUTES OR
UNTIL A KNIFE INSERTED IN THE THICKEST PART OF THE FISH
FEELS WARM WHEN TOUCHED TO YOUR BOTTOM LIP.

REMOVE THE FISH TO A WARM PLATTER.

DUMP IN ALL THE TOMATOES. RAISE THE HEAT TO HIGH AND
COOK, SHAKING THE PAN, UNTIL THE TOMATOES BEGIN TO
BREAK DOWN AND GIVE UP THEIR JUICES.

SPOON OVER THE FISH AND SCATTER WITH FRESHLY-CHOPPED
PARSLEY, CHIVES OR BOTH.

SERVES 4

