

Seafood Charlie Recipe

Tomato Braised Cod

A Seafood Charlie Recipe

Servings: 4 PrepTime: 10 min CookTime: 12 min

Ingredients

1/2 cup chicken broth
1/4 to 1/2 tsp saffron threads
4 (4-oz.) cod fillets
1/2 tsp smoked paprika
2 Tbs ShopRite olive oil
1 large shallot, chopped
1 pint Wholesome Pantry Grape Tomatoes

Directions

1. In a small microwave-safe measuring cup, microwave broth on HIGH 20 to 30 seconds or until hot. Sprinkle saffron threads over broth; stir until dissolved. Set aside. Sprinkle fillets with paprika, and salt and pepper to taste.
2. In a large nonstick skillet heat oil over medium heat. Add shallot; cook and stir 1 minute. Push shallot to outer edge of skillet. Add fillets; cook 3 minutes per side or until browned.
3. Add broth mixture and tomatoes; cover and simmer 3 to 6 minutes or until fish flakes easily with a fork. Transfer fillets to a serving platter; cover and keep warm. Increase heat to medium-high; cook and stir 2 to 3 minutes or until tomatoes soften and cooking liquid thickens slightly. Season with salt and pepper to taste. Spoon tomato mixture over fillets, and serve.

Enjoy!