

Basque-Style Cod with Piperade

A vibrant Basque side dish featuring tender cod simmered in a sweet pepper and tomato sauce known as piperade. This colorful and flavorful dish pairs beautifully with grilled meats or fish mains.



Side Dish

Basque

25 min

Total time

Medium

Difficulty

180

kcal / serving

Ingredients

- 100g fresh cod fillet
- 1 small red bell pepper, sliced
- 1 small green bell pepper, sliced
- 1 small tomato, diced
- 1/4 small onion, thinly sliced
- 1 garlic clove, minced
- 1 tsp olive oil
- Salt and pepper to taste
- A pinch of smoked paprika
- Fresh parsley for garnish

Steps

- 1 Lightly season the cod fillet with salt, pepper, and smoked paprika.
- 2 Heat the olive oil in a small skillet over medium heat.
- 3 Add the onion and garlic, sauté until softened and fragrant, about 2 minutes.
- 4 Add the sliced bell peppers and cook for 4-5 minutes until tender.
- 5 Stir in the diced tomato and cook for another 3 minutes until the mixture thickens slightly.
- 6 Gently nestle the cod fillet into the pepper mixture, cover, and cook for 6-7 minutes until the cod is opaque and flakes easily.
- 7 Adjust seasoning with salt and pepper.
- 8 Garnish with fresh parsley before serving.