

Sautéed Cobia with Tomatoes and Capers

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Recipe source: [The Foodie Patootie](#)

Yield: 2



INGREDIENTS:

- 2 Cobia fillets – or other firm, flaky white fish
- Salt and pepper
- 4 teaspoons dried oregano
- 4 tablespoons extra-virgin olive oil
- 1 cup red grape tomatoes, quartered
- 1 cup yellow grape tomatoes, quartered
- 4 tablespoons capers
- ¼ cup dry white wine
- 2 tablespoons unsalted butter
- 2 teaspoons dried parsley or 2 tablespoons fresh chopped parsley
- Juice of 1 large lemon

DIRECTIONS:

- Season both sides of the cobia fillets with salt, pepper, and oregano to create a nice coating on each side.
- Heat olive oil in a medium sauté pan over medium-high heat. Add fish fillets. Once cobia has formed a nice crust, about 3 minutes, flip and cook for an additional minute, or until other side of the fillets have formed a crust and the fish is opaque throughout. Remove fish from pan and set aside on a plate.
- Reduce heat to medium and add tomatoes and capers. Sauté together for a few minutes, or until tomatoes just start to break down. Add wine and continue to cook and stir occasionally until wine has reduced by half.

- Remove from heat and add butter, swirling to allow butter to melt. Carefully pour mixture over cobia fillets.
- Sprinkle parsley over top and finish with the squeeze of lemon.