

Mediterranean Cod & White Bean Stew with Toasted Pine Nuts

A colorful, protein-balanced Mediterranean bowl featuring tender cod fillets, sweet fennel, juicy tomatoes, and creamy cannellini beans, topped with golden toasted pine nuts for a nutty crunch. This one-pot dish blends the freshness of summer vegetables with the warmth of a light, savory stew — perfect for a healthy, satisfying meal.

Serves: 4

Prep Time: 15 minutes | **Cook Time:** 20 minutes | **Total Time:** 35 minutes



Recipe:

Ingredients:

4 cod fillets (4 oz each)
1 tbsp olive oil
1/2 yellow onion, thinly sliced
1 fennel bulb, thinly sliced
2 garlic cloves, minced
1 zucchini, halved lengthwise and sliced into half-moons
1 cup cherry tomatoes, halved
1 (14.5 oz) can diced tomatoes with juice
1/2 cup dry white wine
2 cups cooked cannellini beans (about 2 [15 oz] cans, drained and rinsed)
1/4 cup pine nuts
1/4 cup pitted Kalamata olives
Salt and pepper, to taste
2 tbsp chopped fresh basil
Lemon wedges, for garnish

Directions:

Toast the pine nuts – Place pine nuts in a dry skillet over medium heat. Stir frequently until golden and fragrant, 3–4 minutes. Transfer to a plate to cool.

Sauté the aromatics – Heat olive oil in a wide, deep skillet or Dutch oven over medium heat. Add onion and fennel; cook, stirring occasionally, until softened, about 5 minutes.

Build the vegetable base – Stir in garlic, zucchini, and cherry tomatoes. Cook for 3 minutes until tomatoes begin to release their juices.

Create the broth – Add diced tomatoes with juice, white wine, and cannellini beans. Stir to combine, bring to a gentle simmer, and cook uncovered for 5 minutes to meld flavors.

Cook the fish – Nestle the cod fillets into the vegetables, spooning some broth over the top. Cover and simmer gently for 8–10 minutes, or until cod is opaque and flakes easily with a fork.

Finish the dish – Stir in Kalamata olives, taste, and season with salt and pepper.

Serve – Ladle vegetables and broth into wide bowls, top each with a cod fillet, sprinkle with toasted pine nuts, and garnish with fresh basil and lemon wedges.