



Gustus Vitae Taste of Provence

Gustus Vitae is a Californian crafter of authentic, artisan, small batch seasoning blends and gourmet finishing salts. Using locally harvested herbs and spices, their all natural, certified non-GMO ingredients are blended in small batches, before being packed by hand in their unique magnetic tins. Yes! It's true! The bottom of this can is magnetized so you can stick it anywhere where there's metal and it will always be within each reach! And you will want this within easy reach because the herbs are so fresh and flavorful, even though they're dried, you'll want to use this on anything and everything.



Ingredients

Serves 2

- ◆ 2 fillets of sole
- ◆ Olive oil
- ◆ Salt – preferably French Grey
- ◆ Fresh ground pepper
- ◆ Gustus Vitae Taste of Provence seasoning
- ◆ ½ of a lemon

Instructions

1. Preheat oven to 425 degrees. Wash your fish and pat dry with paper toweling.
2. Slick a rimmed baking sheet with olive oil. Lay the fish on the pan and drizzle a little olive oil on top of the fillet, spreading it around evenly with your fingers.
3. Season the fillets with salt, pepper and Gustus Vitae Taste of Provence seasoning.
4. Place the lemon cut side down on the pan and roast the fish for 10 – 12 minutes, until done and white throughout.
5. Remove the fillets to your dinner plates, squeeze on the roasted lemon and garnish with chopped cilantro.

Serve with LOVE and enjoy!

Notes
