

Himalayan Mustard Tilapia

4 Servings

Amount	Size	Description
4		Fillets
		Olive Oil
	To Taste	Old Norse Himalayan Mustard

1. Preheat oven to 550°F or use the broil setting.
2. Place a metal wire cookie drying grate over a baking sheet covered with aluminum foil
3. Brush the fillets with olive oil.
4. Season the presentation side of the fillets with Himalayan Mustard. Sprinkle from 12 to 14 inches above the fillets. The dusting should cover the entire fillet but be careful not to over season.
5. Place the fillets in the oven. Cook in the oven for 5–8 minutes.

