



## **BARBARIE DUCK BREASTS**

### **Cooking Instructions:**

Allow to defrost in the refrigerator for 6 hours or overnight.



Fry for about 6-8 minutes on each side, or until cooked to your liking.

To re-order telephone:

**Mike's Gourmet Seafoods on 077 888 17273**

or online at [www.mgseafoods.com](http://www.mgseafoods.com)