



## **BREADED CHICKEN GOUJONS**

### **Cooking Instructions:**

For best results cook from frozen



Place on a baking tray in a pre-heated oven  
200°C / 400°F / Gas Mark 6 and cook for  
12-15 minutes.

To re-order telephone:

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

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