



BREADED PLAICE FILLETS

Cooking Instructions:

For best results cook from frozen.



Place on a hot baking tray in a pre-heated oven at 220°C / 420°F / Gas Mark 7 for approximately 24-26 minutes.

Allergens: Fish, Gluten, Milk, Mustard

Although care has been taken to remove all bones, some small bones may still remain.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com