



## MARINATED BUTTERFLY CHICKEN BREASTS

Cajun, BBQ, Sweet & Sour, Lemon & Pepper

### Cooking Instructions:



**From Frozen.**

Place on a baking tray in a pre-heated oven  
200°C / 400°F / Gas Mark 6 and cook for  
25-30 minutes.



**Allow to defrost in the refrigerator for 6 hours.**

Place on a baking tray in a pre-heated oven  
200°C / 400°F / Gas Mark 6 and cook for  
20-25 minutes.

May also be grilled, shallow fried or barbecued.

To re-order telephone:

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

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