



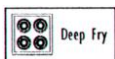
CHUNKY BREADED HADDOCK

Cooking Instructions:

For Best Results Cook From Frozen



Place on a tray in an oven pre-heated to 220°C / 425°F / Gas Mark 7 and cook for 25-30 minutes.



Place in oil pre-heated to 180°C / 350°F for 9-12 minutes or until crisp and golden brown.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

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Ingredients: Haddock (65%), Batter (Water, Wheat Flour, Maltodextrin, Egg Powder, Salt, Dextrose, Mustard Powder, Onion Powder), Breadcrumbs [Wheat Flour, Yeast, Salt, Bread Improver (Emulsifier E472e, Flour Treatment Agent E300), Dextrose, Raising Agent E503ii), Rapeseed Oil.