



## **CRISPY BREADED COD FISH FINGERS**

### **Cooking Instructions:**

For Best Results Cook From Frozen



Place on a tray in an oven pre-heated to 220°C / 420°F / Gas Mark 7 and cook for 18-20 minutes.



Shallow fry over a medium heat for about 10-12 minutes turn occasionally.

To re-order telephone: Mike's Gourmet Seafoods on 077 888 17273

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Ingredients: Cod Fillet (52%), Breadcrumbs (Wheat Flour, Salt, Water), Batter (Water, Wheat Flour, Salt.), Rapeseed Oil.