



HADDOCK MEUNIERE

(HADDOCK FILLETS DUSTED WITH LEMON & PEPPER)

Cooking Instructions:

For Best Results Cook From Frozen



Place on a tray in an oven pre-heated to 200°C / 400°F / Gas Mark 6 and cook for 18-20 minutes.



Place under a medium / hot grill and cook for 7-8 minutes, turning once.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com