



## **HADDOCK PROVENCE**

(HADDOCK FILLETS DUSTED WITH LEMON & PARSLEY)

### **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](http://www.mgseafoods.com)