



SMOKEY BARBEQUE RIBS

Cooking Instructions:

Defrost thoroughly before reheating this fully cooked product.



Remove packaging and place ribs in a pre-heated oven at 190°C / 375°F (gas mark 5) for 30 mins.



Microwave in bag for approximately 3 minutes. Stand for 1 min., shake bag & cook for a further 3 mins

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com