



SEAFOOD CREPES

(White wine butter sauce mixed with haddock and smoked haddock with prawns and onions wrapped in a butter crepe)

Cooking Instructions:

For Best Results Cook From Frozen



Pre heat oven to at 180°C / 360°F / Gas Mark 5 then cover and cook for 25minutes.



Microwave oven on high for approximately 4/5 minutes

All cooking appliances vary, the guidelines above should be adjusted according to your particular oven / microwave.
Check food is hot throughout before serving.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com