



SEAFOOD ELITES WITH SCALLOP & CRAB

White Flatfish fillets, stuffed with Scallop & Crab. Coated with a Butter flavoured vegetable oil.

Cooking Instructions:

Remove Portion From Plastic Bag.
For Best Results Cook From Frozen.



Place portions on a baking tray. Cover lightly with foil. Bake in a pre-heated oven 200°C / 400°F / Gas Mark 6 for 25-30 minutes.



Cook on high for 2 minutes, Turn 90° and continue cooking for 1½ -2 minutes.
Cooking times may vary with different ovens.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com