



SMOKED HADDOCK & SPRING ONION FISH CAKES

Cooking Instructions:

For Best Results Cook From Frozen



Place in a pre-heated oven 200°C / 400°F / Gas Mark 6 and cook for 20-25 minutes.



Shallow fry or grill on a medium to high heat for 12-15 minutes.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com