



## SMOKED MACKEREL FILLETS

### Cooking Instructions:



**From Frozen.**

Wrap in foil with knob of butter & seasoning, place in a pre-heated oven 200°C / 400°F / Gas Mark 6 and cook for 25-30 minutes.



**Allow to defrost in the refrigerator for 6 hours.**

Brush lightly with butter and place under a medium / hot grill for 8-10 minutes turning occasionally.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at [www.mgseafoods.com](http://www.mgseafoods.com)

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Ingredients: Mackerel (97%), Salt, Smoke