



SOLE LEMON & PEPPER

Sole Fillets dusted with Lemon & Pepper

Cooking Instructions:

For Best Results Cook From Frozen



Place on a lightly greased baking tray into a pre-heated oven at 220°C / 425°F / Gas Mark 7 for 20 minutes.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com