



## **SOLE MEUNIÈRE**

**Sole Fillets 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](http://www.mgseafoods.com)