



SOLE TOPPERS

(Yellowfin Sole Fillets topped with a Cheddar Cheese,
Prawn and Mushroom Sauce in crispy Breadcrumbs)

Cooking Instructions:

For Best Results Cook From Frozen



Place on a lightly greased baking tray and into the
top of a pre-heated oven 220°C / 425°F / Gas
Mark 7 for 22-25 minutes until golden brown.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com