



## STEAK BURGERS

### Cooking Instructions:



From defrost place on a moderate pre-heated grill or griddle. Cook for 5 minutes before turning and cook for a further 5 minutes until an internal temperature of 72°C is reached and any internal juices released are clear.



Alternatively from frozen cook on a moderate heat for 20-25 minutes.

To re-order telephone:

**Mike's Gourmet Seafoods on 077 888 17273**

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