



## TEMPURA BATTERED HAKE

### Cooking Instructions:

For Best Results Cook From Frozen



Deep Fry in hot oil pre-heated to 180°C for 5-7 minutes or until golden brown.



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

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:** Hake Fillet (55%), Batter [Wheat Flour, Tapioca Starch, Water, Salt, Sugar, Raising Agent (E500), Palm Oil, Colour(E150)].