



TILAPIA FILLETS

Cooking Instructions:



From Frozen.

Wrap in foil with knob of butter & seasoning, place in a pre-heated oven 200°C / 400°F / Gas Mark 6 and cook for 25-30 minutes.



Allow to defrost in the refrigerator for 6 hours.

Brush lightly with butter and place under a medium / hot grill for 8-10 minutes turning occasionally.

Recipe suggestion: Tilapia Meuniere

Thaw fillets. Dry off on kitchen towel, dip in seasoned flour. Shallow fry in butter for 2 minutes per side.

Sprinkle with fresh lemon juice and season to taste.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com

Ingredients: Tilapia (95%), Water (Ice Glazing)