



## VEGETARIAN COUNTRY BAKES

A blend of vegetables in a vegetarian cheese sauce coated in crisp crumb.

### Cooking Instructions:

For Best Results Cook From Frozen



Deep fry in hot oil at 180°C for approximately 6-7 minutes.



Place on a lightly greased baking tray in a pre-heated oven at 220°C / 425°F / Gas Mark 7 for approximately 14 minutes, turning half way through cooking.

To re-order telephone:

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

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