



CHICKEN AND SEAFOOD PAELLA

A classic selection of chorizo, chicken drumstick, mussels, prawns and squid rings with rice, peas, red peppers and spices.

Cooking Instructions:

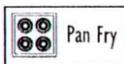


From defrosted:

Microwave for 3-4 minutes.

From frozen:

Defrost first for 2-3 minutes then cook on full power for 3-4 minutes.



Simply warm very gently in a saucepan with a table spoon of water to prevent burning.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com