



**LEMON SOLE GOUJONS L&P**  
(Prime fillet goujons of lemon sole in a crispy lemon  
and cracked pepper coating)

**Cooking Instructions:**

For best results cook from frozen



Place on a baking tray in a pre-heated oven  
200°C / 400°F / Gas Mark 6 and cook for  
15-18 minutes.

To re-order telephone:

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

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