



Lobster Burger

To Grill- Preheat to full heat. Place burger on baking sheet and drizzle with oil and grill for 4 minutes each side. Keep burger approx. 4cm from flame or element. Rest burgers for 1 minute before serving.

Shelf life- Keep well chilled and eat within 2 days of purchase.

Fish Range Cooking instructions-

Tuscan prawns

Pre heat your grill, Place large frying pan over high heat, once pan is hot (not to hot) add all the contents of the bag containing the Tuscan prawns, season with sea salt and black pepper, if you like an extra kick add pinch of chilli powder or flakes(optional) fry for 2 mins and finish. Toast sour dough while prawns are cooking, see photo for serving suggestions.

Storage, keep prawns on coldest part of your fridge, consume within 3 days.

Whole fish grill bags- Place on a baking sheet. Preheat oven to 195, Cook for 12 mins and remove from the oven and rest for 3 mins before serving.

Langoustine grill bags- Place on a baking sheet and cook in the oven for 8 mins.

Filletts of fish grill bags- Place on a baking sheet and cook in the oven for 18 mins. Remove from oven and rest for 2 mins before serving.

Veggie grill bags- Place bag on a baking sheet and cook in the oven for 15 mins.

Beef Dripping Chips – See Website Product Page for Video Tutorial

Fish cake

Remove lid from foil container, place in pre-heated oven @185 for 20/25 mins, turn fish cake after 10/12 mins, serve on top of kimchi, spoon sauce over the top, serving suggestion – rocket salad and fresh lime.

Salt & Chili Squid

Fry Squid in deep fat fryer on highest setting until lightly golden brown and remove, shake of excess oil and season with sea salt and cayenne. Mix Napa slaw and dressing together and serve.

Chicken Wings

Pre-heat oven to 190c, place wings, spaced apart, on lined baking tray and place in centre of hot oven, after 15 minutes turn wings and and roast for further 15 mins or until nicely browned, loosen lid on buffalo sc and pop in micro for 20 seconds, pour 3/4 in to large bowl and add wings, toss until coated in sauce, serve in bowl with blue cheese sauce and celery as a serving suggestion, drizzle over any remaining buffalo sauce. Enjoy

Beef Dripping Chips – Remove from bag, place on baking tray and over for 20-25 minutes @ 190 degrees or until golden brown

KOREAN HOT PRAWNS

Put pan on high heat and add a tbl spoon of oil, when pan just begins to smoke carefully add prawns and marinade to pan, once prawns start on colour nicely on one side, turn and once coloured on other side serve with kimchi, lime and sprinkle of chillies

Mussel Bags Place a pot with lid on a medium to high heat, when warm carefully add contents off mussel bag into dry pot, replace lid. After 1 minute add white wine sauce, replace lid, as soon as sauce is simmering and mussels open, season, add half the herbs, serve, add remaining herbs and serve with crusty bread to soak up the amazing sauce & enjoy

Keep mussels in coldest part of your fridge, consume in 3 days.

Allergies- Shellfish and Dairy

Mourne fish pie - Remove lid, place on tray in pre heated oven 185c for 35/40 mins, until potato is nicely browned.

Dauphinoise - Remove lid, place on tray in pre heated oven 185c for 40/45 mins, until cheese is golden brown

Chowder - place contents in a small pot on a medium heat, gently stir until chowder is simmering and serve