



OVEN COOKING DIRECTIONS

**KEEP FROZEN UNTIL
READY TO COOK.**

- 1 Preheat oven to **425°F**.
- 2 Place frozen fish fillets on baking sheet.
- 3 Bake fillets for **30-32 minutes***.
Flip fillets at **15 minutes**.

***FULLY COOK FISH TO AN
INTERNAL TEMPERATURE
OF 145°F OR HIGHER.**

Although great care is taken to remove bones, some may remain.



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