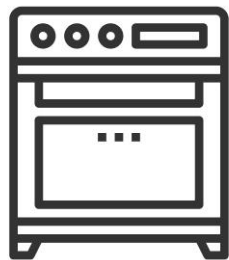


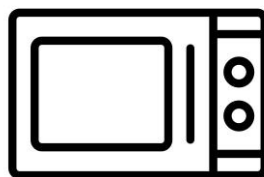
# Sea bass in Mediterranean sauce

- Fish is inside the cooking bag- do not remove the bag
- Follow below suggestions
- Suggestions for **frozen** product



## CONVENTIONAL OVEN

- **Preheat the oven** to 355°F (180°C).
- Punch 1-2 small holes on the top of the bag, place on a baking tray and put it in the oven on the middle rack
- Bake for **22-25 minutes**
- Remove from oven and let it rest for 30 "
- Cut the bag open with scissors and use a spatula to transfer the fish and the sauce to a plate.



## MICROWAVE 800WATT

- Punch 1-2 small holes on the top of the bag, place on a baking tray and put it in the oven on the middle rack
- Place in the microwave and heat for **4-5 minutes**
- Remove dish from microwave and let it rest for 30"
- Cut the bag open with scissors and use a spatula to transfer the fish and the sauce to a plate.