



To Thaw: Move me to your refrigerator for 8 hours. You can leave me in my bag - I'm comfy in here.

Need me now?

Quick thaw: It is always recommended to thaw me under refrigeration but if you are in a pinch - run me under cool water for 10-20 minutes and I'll be ready to go!

To Prep: Rinse me in cold water, pat me very dry with paper towels and let me warm up a bit before the show.

**Warning: Any fin is possible.**

## MARKET CATCH

5 - 7 OZ. DINNER PORTIONS

Hands on deck: High quality fish like me don't require much from you - a dusting of salt and pepper, a hot oiled pan and 3-4 minutes per side (or until I release from pan). Finish me with a dab of butter and a squeeze of lemon.

Hands off deck: Preheat oven to 400 degrees. Brush me with olive oil and season me with your favorites - dill, capers, garlic, rosemary, cajun spice or a panko crust - bake me in a greased pan for 10-15 minutes or until I flake.

**KEEP FROZEN**

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