

Mediterranean

C O D



INGREDIENTS

AVO Rhodos Lafiness 6%

Cod Loin



METHOD

1. Brush cod loin with Rhodos marinade.



OVEN



SALAD

Created by butchers and meat technologists from the finest quality ingredients, this AVO Lafiness Rhodos Butchers' Marinade is a combination of typical Greek style herbs including; oregano, cumin and fennel.

A fresh, light and fragrant marinade for white fish transporting you to the Mediterranean.



For allergen information, please refer to the relevant product specification.