



- NEW ZEALAND -
ORANGE ROUGHY
FILLETS





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ORANGE ROUGHY FILLETS

Orange Roughy fillets have a firm, pearly-white flesh with a delicate shellfish-like flavour.

Suitable for most cooking methods. Sealord Orange Roughy is a deepwater species caught at depths of 700-1000m (2000 to 3600ft). They average between 30-40cm (12-16 inches) in length and have an average weight of about 1.4kg (3lb). Orange Roughy are caught year round by deepwater trawling.

Sealord Orange Roughy comes from sustainable and well managed fisheries and is MSC certified.



We guarantee the quality of our products. Contact us with any questions or comments.

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PRODUCT INFORMATION			
PRODUCT CODE	111026	111027	111029
DESCRIPTION	Orange Roughy Fillets		
GRADING SIZE	115-170g (4-6oz)	170-225g (6-8oz)	Over 225g (8-12oz)
PORTIONS PER CASE	70 (approx)	50 (approx)	40 (approx)
CASE BARCODE	19415022110268	19415022110275	19415022110138
CASE WEIGHT	10kg		
CASE SIZE L x W x H	542 x 360 x 57mm		
		AVERAGE QUANTITY PER 100g	
ENERGY	345kJ		
PROTEIN	17.7g		
TOTAL FAT	1.1g		
SATURATED	Less than 0.1g		
TRANS	Less than 0.1g		
POLYUNSATURATED	Less than 0.1g		
OMEGA 3	0.2g		
EPA	25mg		
DHA	77mg		
MONOUNSATURATED	Less than 0.1g		
TOTAL CARBOHYDRATE	Less than 0.1g		
SUGARS	Less than 0.1g		
SODIUM	63mg		
INGREDIENTS	Orange Roughy fillets. (<i>Hoplostethus atlanticus</i>)		
ALLERGEN STATEMENT	Contains Fish.		
COOKING INSTRUCTIONS	<p>From frozen This frozen product is uncooked. As ovens may vary, ensure fish portions are hot and cooked right through before serving.</p> <p>Sealord Orange Roughy fillets can be prepared by most cooking methods. These natural fillets can be breaded or battered then deep fried, oven baked, pan fried, sauteed or grilled/broiled.</p>		
CLAIMS	No artificial colours, flavours or preservatives. A good source of Omega 3. Oven bakeable.		
STORAGE GUIDE	Keep frozen at or below -18°C. This product should remain in perfect condition if stored at -18°C until the best before date. Do not refreeze once thawed.		