



New Zealand
**SMOOTH OREO
DORY FILLETS**



New Zealand SMOOTH OREO DORY FILLETS

Smooth Oreo Dory fillets have a clean, white, firm flesh with a delicate flavour.

Suitable for most cooking methods. Sealord Smooth Oreo Dory is closely related to the Zeidae or true Dory family. It is also known as Oreo Dory, Deep Sea Dory, Smooth Oreo or Small Spined Dory.

Sealord Smooth Oreo Dory is caught around the south of New Zealand at depths of between 700 and 1100m (2300 to 3600 feet). They average 35-45cm (14-18 inches) in length and about 1.2kg (2.6lb) in weight. Smooth Oreo Dory is caught by trawling throughout the year.

Sealord Dory comes from a sustainable and well managed fishery.

**WE GUARANTEE THE QUALITY OF OUR PRODUCTS.
CONTACT US WITH ANY QUESTIONS OR COMMENTS.**

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Product Codes	112005	112006
Grading Size	57-115g (2-4oz)	115-170g (4-6oz)
Case Barcode	19415022120052	19415022120069
Portions Per Pack	116 (approx)	70 (approx)
Description	Smooth Oreo Dory Fillets (Pin bone in)	
Pack Size	10kg	
Case Weight	10kg	
Case Size LxWxH	554 x 366 x 61mm	

	Average Quantity per 100g
Energy	345kJ
Protein	17.7g
Fat Total	1.1g
Saturated	0.2g
Trans	Less than 0.1g
Polyunsaturated	0.3g
Omega 3	0.2g
EPA	86mg
DHA	113mg
Monounsaturated	0.3g
Carbohydrate - Total	Less than 1g
Sugars	Less than 1g
Sodium	56mg
Ingredients	Smooth Oreo Dory (<i>Pseudocyttus maculatus</i>) fillets.
Allergen Statement	Contains fish.
Cooking Instructions	(From frozen) This frozen product is uncooked. As ovens may vary, ensure fish portions are hot and cooked right through before serving. Sealord Smooth Oreo Dory 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.
Claims	No artificial colours, flavours & 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.