



ORANGE ROUGHY

Hoplostethus Atlanticus

Orange Roughy have a firm, pearly white flesh with a delicate shellfish-like flavour, suitable for most cooking methods. Wild caught Orange Roughy from New Zealand is a deep water fish caught all year round, with peak season from June to August.

Sealord Orange Roughy comes from a sustainable and well managed fishery.





AVERAGE LENGTH	WEIGHT	AVAILABILITY	CATCH METHOD
30-40 cm 11.8-17.7 inches	0.7-2.5 kg 1.5-5.5 kg	Caught all year round Peak season: June to August	Trawl

SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description
Whole	Whole fish (frozen at sea and on land)
Fillets	Skinned and boned fillets which can be further cut into portions
By Products	Heads and Oil
Value Added Products	Coated, seasoned, packaged and further processed products

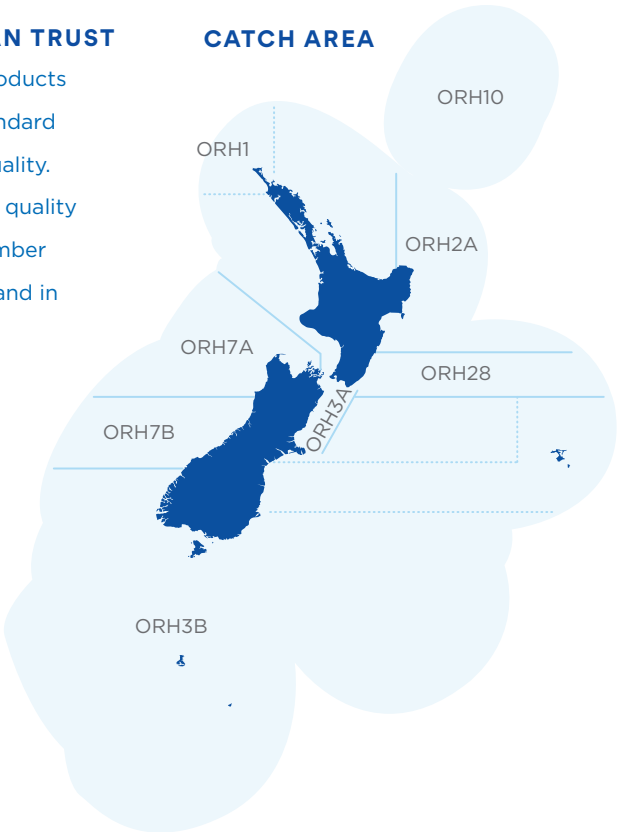
SUSTAINABLE DEEPWATER SEAFOOD

We care about the future of fishing, so our fish comes from well-managed fisheries, some of which have a Fisheries Improvement Plan in place. We continue to evolve our processes and undertake research to ensure we manage fisheries with the best practices and quality of scientific information available. The Quota Management System (QMS) has been operating in New Zealand for over thirty years, solidifying New Zealand's reputation as a world leader in sustainable fisheries management. It ensures that our fisheries resources are not over-fished and that our seafood will be available for generations to come. It is one of the most extensive quota-based fisheries management systems in the world, with over 100 species or species complexes managed within this framework.

QUALITY YOU CAN TRUST

We deliver quality products to an exceptional standard of food safety and quality. Our uncompromising quality is why we are the number one retail seafood brand in New Zealand.

CATCH AREA



NUTRITION

Energy	375kJ
Protein	17.7g
Fat	1.1g
Cholesterol	
Carbohydrate Sugars	Less than 1g Less than 1g
Sodium	63mg

OUR ACCREDITATIONS INCLUDE:

