



# LING

*Genypterus Blacodes*

Ling has a mild flavour with white, firm flesh which holds its shape well when cooked, making it suitable for most cooking methods from smoking to sashimi. Wild caught Ling from New Zealand is a deep water fish caught year round, with peak season October to November. Sealord Ling comes from a sustainable and well managed fishery.





AVERAGE LENGTH	WEIGHT	AVAILABILITY	CATCH METHOD
80-120 cm 31.5-47.2 inches	4-10 kg 8.8-22 lbs	Caught all year round Peak season: <b>October to November</b>	Trawl

### SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description
Dressed	Headed, gutted and tail removed
Fillets	Boned and trimmed fillets available with skin on or skin off
By Products	Heads, skins and swim bladders

### 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	361J
Protein	20g
Fat	0.8g
Cholesterol	46mg
Carbohydrate	
Total	0g
Sugars	0g
Sodium	142mg
Potassium	55mg

#### OUR ACCREDITATIONS INCLUDE:

