



HOKI



Macruronus Novaezelandie

Hoki has a delicate white moist flesh that flakes easily and is mild in taste, suitable for most cooking methods. Wild caught Hoki from New Zealand is a deep water fish that is caught all year round, with peak season from May to August. All Sealord Hoki is from sustainable and well managed fisheries.





AVERAGE LENGTH

60-100 cm
23-39 inches

WEIGHT

1.5 kg
3.3 lbs

AVAILABILITY

Caught all year round
Peak season: **May to August**

CATCH METHOD

Precision Seafood
Harvest and Trawl

SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description
HGT	Headed, Gutted and Tail removed, anterior cut straight line in front of pectoral fin with both fins remaining
Fillets	Filleted fish which can be further cut into portions, available skin on and skin off
Block	Layered skinless fillets or minced fillet block, suitable for further industrial processing
By Products	Head, skin, roe, livers and fishmeal available with various certifications and grades
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	290kJ
Protein	15g
Fat	1.0g
Cholesterol	32mg
Carbohydrate	0g
Sugars	0g
Sodium	53mg

OUR ACCREDITATIONS INCLUDE:

