



HOKI BURGER





HOKI BURGER

Our wild caught New Zealand hoki is cut into squares and coated in breadcrumbs to fit perfectly into a burger bun. Made with moist, flaky fillets and a crunchy crumb, your fish burger will be delicious.

Hoki is a white, flaky, and succulent fish, with a mild flavour. Hoki, related to Hake, is also known as Whiptail, Blue Hake or Blue Grenadier. Sealord Hoki averages 60-100cm (23-40 inches) in length and has an average weight of 1.5kg (3.3lb).

Hoki is caught by trawling in water 200-800 metres (650-2600 feet) deep. Hoki is most abundant around the South Island of New Zealand. The species is fished year round, but the peak catching period is June to September.

Sealord Hoki 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.

Sealord Group Ltd
Vickerman Street, PO Box 11,
Nelson, New Zealand.
0800 732 5673 (NZ)
sealord.com



PRODUCT INFORMATION		
PRODUCT CODE	102002	
DESCRIPTION	Sealord Hoki Burger	
PACK WEIGHT	3kg	
CASE WEIGHT	3kg (1 x 3kg)	
CASE SIZE L x W x H	390 x 250 x 100mm	
CASE BARCODE	19415022020024	
SERVINGS PER PACK	26 (approx.)	
SERVING SIZE	115g (1 portion)	
	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	904kJ	786kJ
PROTEIN	13.5g	11.7g
TOTAL FAT	11.3g	9.8g
SATURATED	1.2g	1.0g
TRANS	<0.1g	<0.1g
POLYUNSATURATED	3.1g	2.7g
OMEGA 3	1.0g	0.9g
EPA	58mg	50mg
DHA	127mg	110mg
MONOUNSATURATED	6.9g	6.0g
TOTAL CARBOHYDRATE	15.2g	13.2g
SUGARS	3.5g	3.0g
SODIUM	310mg	270mg
INGREDIENTS	Hoki (Fish) (50%), Classic Crumb Coating (50%) [Wheat Flour, Vegetable Oil, Water, Salt, Thickener (1420), Sugar, Yeast, Dextrose, Mineral Salts (450,500), Whey powder (Milk), Yeast Extract, Wheat Gluten , Garlic powder, Onion powder, Soy Flour].	
ALLERGEN STATEMENT	Contains Fish, Wheat, Gluten, Milk, Soy.	
COOKING INSTRUCTIONS	<p>From frozen For best results, cook from frozen. This product is uncooked. As ovens vary, ensure Hoki burgers are hot and cooked right through before serving.</p> <p>Deep fry (preferred). Preheat oil to 180°C. Fry for 5.5-6 minutes or until golden brown. Drain well and serve.</p> <p>Oven bake Preheat oven to 200°C. Place burgers on a baking tray and cook for approx. 10 minutes on each side or until fully cooked.</p> <p>Air Fryer Set air fryer to 180°C and cook frozen burgers for approx. 15 mins.</p>	
QUALITY	Although extra care is taken to remove all bones, small bones may remain. We 100% guarantee the quality of this product.	
STORAGE GUIDE	KEEP FROZEN. Do not refreeze once thawed.	
CLAIMS	Good source of Omega 3. No artificial colours, flavours or preservatives.	