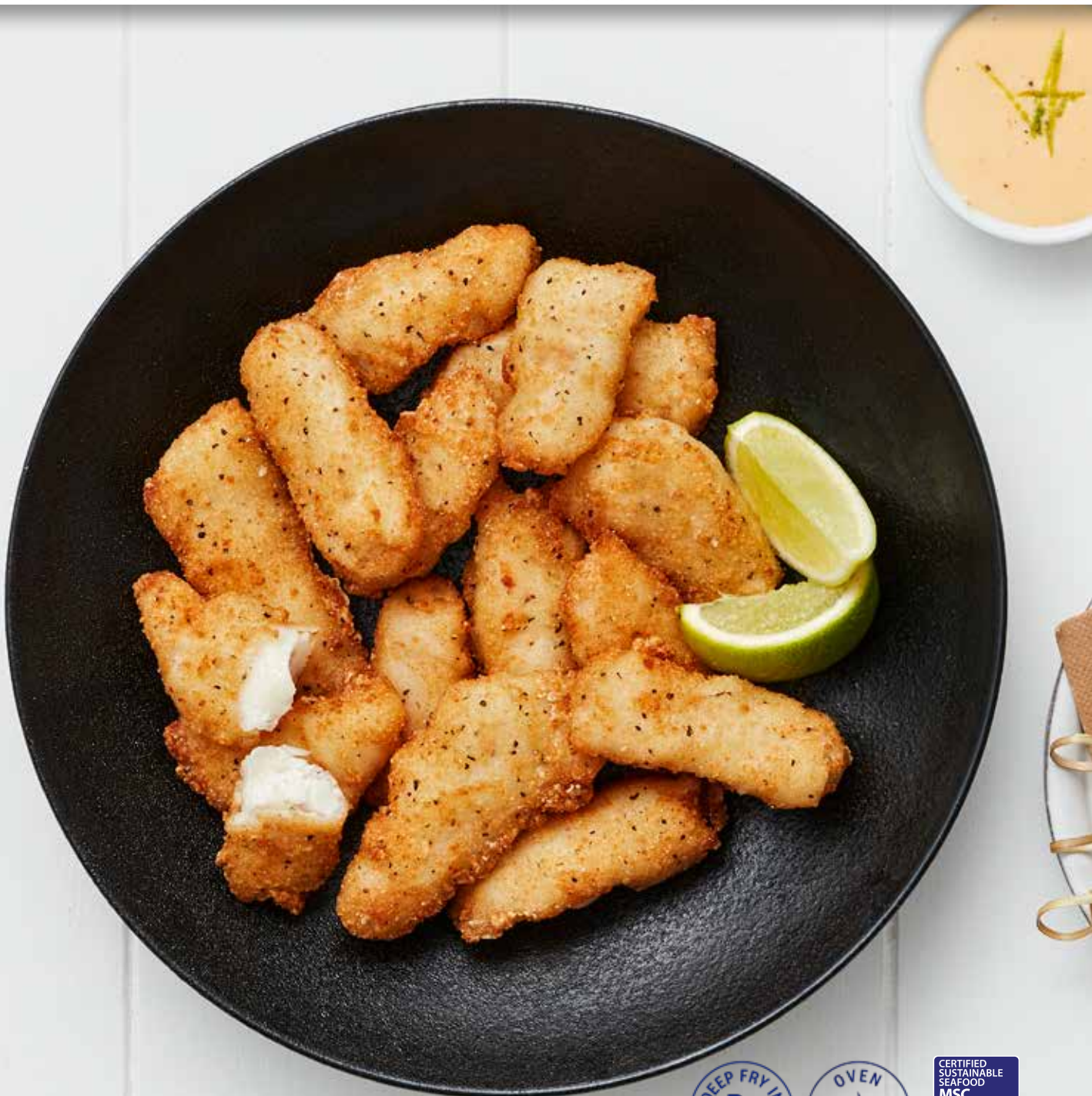




SALT & PEPPER HOKI

FILLET BITES





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Sealord Salt & Pepper Hoki Fillet Bites are bite sized portions of Hoki, individually coated in a delicate crumb and lightly seasoned with salt & pepper, to create a great taste.

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, and off the coast of Tasmania in Australia. 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	102777	
DESCRIPTION	Sealord Salt & Pepper Hoki Fillet Bites	
PACK WEIGHT	3kg	
CASE WEIGHT	3kg	
CASE SIZE L x W x H	390 x 250 x 100mm	
CASE BARCODE	19415022027771	
SERVINGS PER PACK	30 (approx.)	
SERVING SIZE	100g (approx 4-5 bites)	
	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	741kJ	741kJ
PROTEIN	12.4g	12.4g
TOTAL FAT	8.3g	8.3g
SATURATED	0.7g	0.7g
EPA	24mg	24mg
DHA	80mg	80mg
TOTAL CARBOHYDRATE	13.1g	13.1g
SUGARS	1.4g	1.4g
DIETARY FIBRE	3.5g	3.5g
SODIUM	460mg	460mg
INGREDIENTS	Hoki Fillet Pieces (Fish) (65%), Salt & Pepper Coating (35%) [Water, Vegetable Oils, Wheat Flour, Rice Flour, Thickeners (1404, 1420, 412, 415), Salt (1%), Maize Starch, Dehydrated Vegetables, Pepper (0.3%), Mustard Powder, Yeast Extract, Dextrose, Sugar, Yeast, Glucose, Spice, Wheat Gluten].	
ALLERGEN STATEMENT	Contains Fish, Wheat, Gluten.	
COOKING INSTRUCTIONS	<p>From frozen This frozen product is uncooked. As fryers and oven vary, ensure Hoki bites are hot and cooked right through before serving.</p> <p>Deep fried (preferred) Preheat deep fryer to 190°C. Place Hoki bites in fryer for 2 1/2 to 3 1/2 minutes or until fully cooked.</p> <p>Fan baked Preheat oven to 220°C. Place Hoki bites on a baking tray and cook for approx. 7 minutes on each side or until fully cooked.</p>	
CLAIMS	No artificial colours, flavours or preservatives. Ready in 5 minutes.	
STORAGE GUIDE	This product is frozen and should remain in perfect condition if stored at -18°C until the best before date.	