



SMOOTH DORY

BATTERED





SMOOTH DORY

BATTERED

Caught off the coast of New Zealand, we hand-cut our Smooth Oreo Dory fillets with care and then freeze them to capture the natural goodness. These succulent Smooth Oreo Dory fillets are then individually coated in batter.

Suitable for most cooking methods, Sealord Smooth Oreo Dory is closely related to the Zeidae or true Dory family. It is also known as Oreo Dory, Deep Sea Dory, Smooth Oreo or Small Spined Dory.

Sealord Smooth Oreo Dory is caught around the south of New Zealand at depths of between 700 and 100m (2300 to 3600 feet). They average 35-45cm (14-18 inches) in length and about 1.2kg (2.6lb) in weight. Smooth Oreo Dory is caught by trawling throughout the year.

Sealord Smooth Oreo Dory comes from a well managed fishery



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	101436
DESCRIPTION	Smooth Dory Battered 1kg
BAG WEIGHT	1kg
BAG SIZE L x H	325 x 270mm
BAG BARCODE	9415022014361
CASE WEIGHT	5 x 1kg
CASE SIZE L x W x H	390 x 200 x 200mm
CASE BARCODE	19415022014368
SERVINGS PER PACK	7-10
SERVING SIZE	95g-150g portion

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	804kj	699kj
PROTEIN	9.9g	8.6g
FAT, TOTAL	9.8g	8.5g
SATURATED	0.8g	0.7g
CARBOHYDRATE, TOTAL	16.1g	14g
SUGAR	3.1g	2.7g
SODIUM	403mg	350mg

INGREDIENTS	Smooth Dory (Fish) (60%), Water, Vegetable Oils, Wheat Flour, Rice Flour, Thickeners (1404, 415), Maize Flour, Salt, Mineral salts (450, 500), Potato Starch, Garlic, Onion, Pepper, Wheat Gluten, Yeast, Soy Protein, Sugar Contains Fish, Wheat, Gluten, Soy
ALLERGEN STATEMENT	Contains Fish, Wheat, Soy, Gluten.
COOKING INSTRUCTIONS	<p>From frozen This frozen product is uncooked. As ovens and fryers vary, ensure fish portions are hot and cooked right through before serving.</p> <p>Deep fried Preheat oil to 180°C. Fry for 4-5 minutes or until golden brown. Drain well and serve.</p> <p>Oven baked Preheat oven to 200°C. Place Dory on a baking tray and cook for approx. 20 minutes. Turn after 10 minutes.</p>
CLAIMS	No artificial colours, flavours or preservatives. Oven bakeable. Good source of omega 3.
QUALITY	Product contains bones which typically soften when cooked.
STORAGE GUIDE	Do not refreeze once thawed. This product is snap-frozen and should remain in perfect condition if stored at -18°C until the best before date.