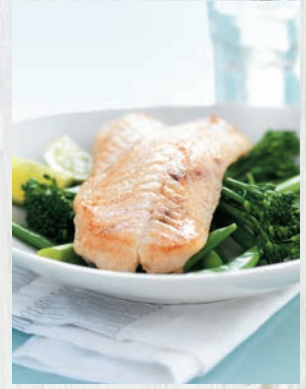




New Zealand
HOKI FILLETS
SKINNED AND BONED



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Sea frozen skinned, boned and trimmed New Zealand Hoki fillets.

Suitable for most cooking methods. Sealord Hoki is available in several size grades. 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 found in New Zealand waters 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 a sustainable and well managed fishery.

**WE GUARANTEE THE QUALITY OF OUR PRODUCTS.
 CONTACT US WITH ANY QUESTIONS OR COMMENTS.**

Sealord Group Ltd,
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 Nelson, New Zealand.
 NZ 0800 732 5673
 sealord.com

Product Codes			
110447	110441	4-6oz	A Grade
110444	110482	6-8oz	A Grade
110453	110821	8-12oz	A Grade
		12oz+	Premium
		8-12oz	Premium
		12oz+	Premium
Description	Skinned and Boned Hoki Fillets		
Pack Size	6.8kg		
Case Weight	20.4kg (3 x 6.8kg)		
Case Size LxWxH	490 x 257 x 199mm		
Grading Size	Case Barcode	Portions Per Pack	
115-170g (4-6oz)	19415022104472	48 (approx)	
170-340g (6-8oz)	19415022104410	27 (approx)	
225-340g (8-12oz)	19415022104441	22 (approx)	
over 340g (12oz)	19415022104823	17 (approx)	
225-340g (8-12oz)	19415022104533	22 (approx)	
over 340g (12oz)	19415022108210	17 (approx)	

	Average Quantity per 100g
Energy	349kJ
Protein	17.5g
Fat Total	1.3g
Saturated	0.3g
Trans	Less than 0.1g
Polyunsaturated	0.3g
Omega 3	0.2g
EPA	96mg
DHA	121mg
Monounsaturated	0.3g
Carbohydrate - Total	Less than 0.1g
Sugars	Less than 0.1g
Sodium	56mg
Ingredients	Hoki (<i>Macruronus novaezelandiae</i>) fillets.
Allergen Statement	Contains fish.
Cooking Instructions	(From frozen) This frozen product is uncooked. As ovens may vary, ensure fish portions are hot and cooked right through before serving. Sealord skin off Hoki fillets can be prepared by most cooking methods. These natural fillets can be breaded or battered then deep fried, oven baked, pan fried, sauteed or grilled/broiled.
Claims	No artificial colours, flavours & preservatives. A good source of Omega 3. Oven bakeable.
Storage Guide	Keep frozen at or below -18°C. This product should remain in perfect condition if stored at -18°C until the best before date. Do not refreeze once thawed.