



BARRACOUTA



Thyrsites atun

Barracouta have an oily flesh, best grilled, fried or smoked. Wild caught Barracouta from New Zealand are a deep water fish caught all year round. All Sealord Barracouta is from sustainable and well managed fisheries.





AVERAGE LENGTH	WEIGHT	AVAILABILITY	CATCH METHOD
60-100 cm 23-39.3 Inches	1.5-3 kg 3.3 – 6.6 lbs	All year round	Trawl

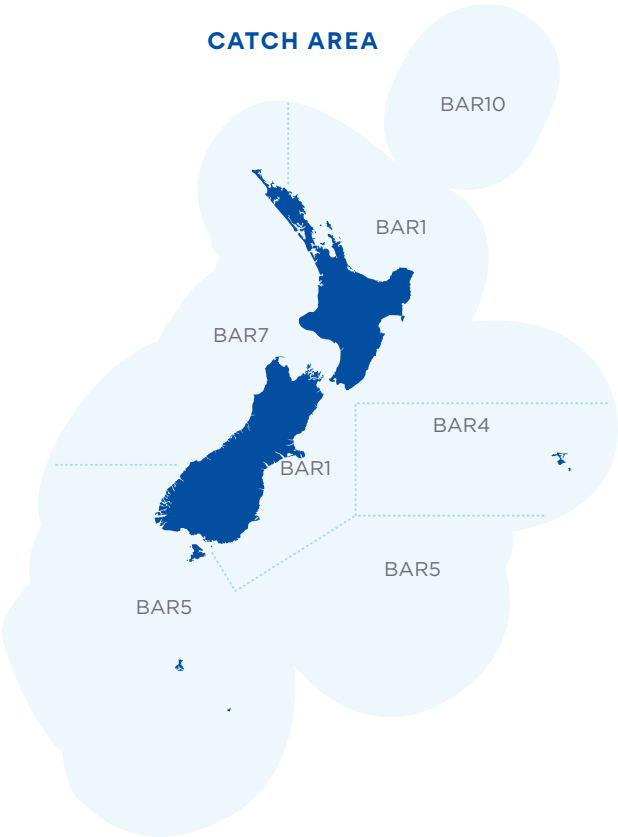
SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description	Size Grading
Whole	Whole fish	Run of catch
Dressed Tail On	Head cut behind pectoral fin, tail remains	0.4-0.7kg / 0.7-1kg / 1-2kg / Over 2kg / Run of catch
Dressed Tail Off	Head cut behind pectoral fin, tail removed	0.4-0.7kg / 0.7-1kg / 1-2kg / Over 2kg / Run of catch
Fillets	Filletted fish which can be further cut into portions. Available skin on and skin off	0.15-0.5kg / 1.5-2kg / Run of catch

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.

CATCH AREA



NUTRITION

Energy	470kJ
Protein	20.6g
Fat	
Total	3.2g
Saturated	0.8g
Carbohydrate	0.3g
Sugars	0.3g
Sodium	57mg

OUR ACCREDITATIONS INCLUDE:

