



- NEW ZEALAND -
HOKI BITES





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Hand-cut, snap-frozen skin-on Hoki fillets, in a traditional Japanese panko crumb.

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.

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PRODUCT INFORMATION

PRODUCT CODE	102779
DESCRIPTION	Hoki Fillet Bites
PACK WEIGHT	3kg
CASE WEIGHT	3kg
CASE SIZE L x W x H	280 x 240 x 140mm
CASE BARCODE	19415022027795
SERVINGS PER PACK	30 (approx)
SERVING SIZE	100g

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	518kJ	518kJ
PROTEIN	12.7g	12.7g
TOTAL FAT	1.2g	1.2g
SATURATED	0.17g	0.17g
TOTAL CARBOHYDRATE	15.5g	15.5g
SUGARS	0.8g	0.8g
SODIUM	225mg	225mg
INGREDIENTS	Hoki (Fish) (45%), Crumb Coating (55%) [Wheat Flour, Water, Maize Starch, Salt, Yeast, Glucose, Flavour Enhancer (621), Colour (160c)].	
ALLERGEN STATEMENT	Contains Fish, Wheat, Gluten.	
COOKING INSTRUCTIONS	From frozen This frozen product is uncooked. Ensure fish portions are hot and cooked right through before serving. Deep fried (preferred) Preheat oil to 180C, fry for 4-5 minutes or until golden brown. Drain well and serve.	
QUALITY	Although extra care is taken to remove all bones, small bones may remain.	
STORAGE GUIDE	This product is snap frozen and should remain in perfect condition if stored at -18°C until the best before date.	