



- NEW ZEALAND -
SMOOTH OREO
DORY FILLETS





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Smooth Oreo Dory fillets have a clean, white, firm flesh, with a delicate flavour.

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 sustainable and well managed fishery.



We guarantee the quality of our products. Contact us with any questions or comments.

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PRODUCT INFORMATION		
PRODUCT CODE	GRADING SIZE	PORTIONS PER PACK
112171	57-115g (2-4oz)	Approx 58
112172	115g-170g (4-6oz)	Approx 35
112173	170g-227g (6-8oz)	Approx 25
112174	>227g (Over 8oz)	Approx 22
DESCRIPTION	Smooth Oreo Dory Skin Off Fillets (pin bone in)	
CASE WEIGHT	5 kg	
CASE SIZE L x W x H	360 x 271 x 57mm	
NUTRITIONAL INFORMATION		
	AVERAGE QUANTITY PER 100g	
ENERGY	345kJ	
PROTEIN	17.7g	
TOTAL FAT	1.1g	
SATURATED	0.2g	
TRANS	Less than 0.1g	
POLYUNSATURATED	0.3g	
OMEGA 3	0.2g	
EPA	86mg	
DHA	113mg	
MONOUNSATURATED	0.3g	
TOTAL CARBOHYDRATE	Less than 1g	
SUGARS	Less than 1g	
SODIUM	56mg	
INGREDIENTS	Smooth Oreo Dory fillets. (<i>Pseudocyttus maculatus</i>)	
ALLERGEN STATEMENT	Contains Fish.	
COOKING INSTRUCTIONS	From frozen This frozen product is uncooked. Ovens may vary, ensure fish portions are hot and cooked right through before serving. Sealord Smooth Oreo Dory 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 or 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.	