



HOKI GLUTEN FREE CRUMBED





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Our flaky portions are made from wild caught New Zealand Hoki and coated in crunchy gluten free breadcrumbs.

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. New Zealand 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	102012
DESCRIPTION	Gluten Free Crumbed Hoki
BAG WEIGHT	1kg
BAG SIZE L x H	325 x 270mm
BAG BARCODE	9415022020126
CASE WEIGHT	5 x 1kg
CASE SIZE L x W x H	390 x 230 x 165mm
CASE BARCODE	19415022020123
SERVINGS PER BAG	6
SERVING SIZE	150g (approx 2 portions)

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	1350kj	898kj
PROTEIN	15.6g	10.4g
GLUTEN	0g	0g
FAT, TOTAL	14.7g	9.8g
SATURATED	1.6g	1.1g
TRANS	<0.1g	<0.1g
CARBOHYDRATE, TOTAL	31.7g	21.1g
SUGAR	1.4g	0.9g
DIETARY FIBRE	17.1g	11.4g
SODIUM	570mg	380mg

INGREDIENTS	Hoki (Fish) (50%), Gluten Free Crumb (50%) [Water, Vegetable Oils, Rice Flour, Tapioca Starch, Maize Flour, Rice Bran, Maize Starch, Thickeners (1404, 415, 412), Salt, Maltodextrin, Yeast, Garlic powder, Onion Powder].
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ALLERGEN STATEMENT	Contains Fish
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COOKING INSTRUCTIONS	<p>From frozen This frozen product is uncooked. Ensure fish portions are hot and cooked through before serving.</p> <p>Deep fried (preferred) Preheat oil to 180°C. Fry for 4-5 mins or until golden brown. Drain well and serve.</p> <p>Fan baked Preheat fan forced oven to 190°C. Place portions on an oven tray and cook for approx. 9 minutes on each side or until fully cooked.</p>
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CLAIMS	Good source of omega 3 No artificial colours, flavours or preservatives Oven bakeable
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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.
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