



- SEASONAL CATCH -  
**SMOOTH DORY**  
CRUMBED





SEASONAL CATCH

# SMOOTH DORY CRUMBED

Caught off the coast of New Zealand, we hand-cut our Smooth Oreo Dory fillets with care and then freeze them to capture the natural goodness. These succulent Smooth Oreo Dory fillets are then individually coated in breadcrumbs.

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 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	102660
DESCRIPTION	Seasonal Catch Smooth Dory Crumbed
BAG WEIGHT	1kg
BAG SIZE L x H	325 x 270mm
BAG BARCODE	9415022026609
CASE WEIGHT	5 x 1kg
CASE SIZE L x W x H	390 x 230 x 165mm
CASE BARCODE	19415022026606
SERVINGS PER BAG	8
SERVING SIZE	125g (approx 1-2 portions)

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	1133kJ	906kJ
PROTEIN	13.0g	10.4g
TOTAL FAT	14.0g	11.2g
SATURATED	1.4g	1.1g
TRANS	Less than 0.1g	Less than 0.1g
POLYUNSATURATED	2.5g	2.0g
OMEGA 3	0.6g	0.5g
EPA	79mg	63mg
DHA	229mg	183mg
MONOUNSATURATED	10.0g	8.0g
TOTAL CARBOHYDRATE	23.3g	18.6g
SUGARS	1.6g	1.3g
SODIUM	250mg	200mg

INGREDIENTS	Smooth Dory (Fish) (60%), Crumb Coating (40%) [Wheat Flour, Vegetable oil, Water, Thickener (1404), Yeast, Maize flour, Salt, Soy flour, Onion powder, Garlic powder, Cheese powder (Milk)].
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ALLERGEN STATEMENT	Contains Fish, Wheat, Gluten, Soy, Milk.
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COOKING INSTRUCTIONS	<p><b>From frozen</b> This frozen product is uncooked. Ensure fish portions are hot and cooked right through before serving.</p> <p><b>Deep fried (preferred)</b> Preheat oil to 180°C, fry for 4-5 minutes or until golden brown. Drain well and serve.</p> <p><b>Oven bake</b> Preheat oven to 200°C. Place Dory on a baking tray and cook for approximately 20 minutes. Turn after 10 minutes.</p>
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CLAIMS	No artificial colours, flavours or preservatives. Oven bakeable.
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QUALITY	Product contains bones which typically soften when cooked.
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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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