



- NEW ZEALAND -
HOKI PANKO
PORTIONS





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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	102778
DESCRIPTION	Hoki Panko Portions
PACK WEIGHT	3.6kg
CASE WEIGHT	3.6kg
CASE SIZE L x W x H	400 x 315 x 115mm
CASE BARCODE	19415022026514
SERVINGS PER PACK	27 (approx)
SERVING SIZE	130g (approx 2 portions)

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	673kJ	518kJ
PROTEIN	16.5g	12.7g
TOTAL FAT	1.6g	1.2g
SATURATED	0.2g	0.2g
TOTAL CARBOHYDRATE	20.2g	15.5g
SUGARS	1.0g	0.8g
SODIUM	296mg	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	<p>From frozen This frozen product is uncooked. Ensure fish portions are hot and cooked right through before serving.</p> <p>Deep fried (preferred) Preheat oil to 180°C, fry for 4-5 minutes or until golden brown. Drain well and serve.</p>	
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.	