



New Zealand
**ORANGE ROUGHY
FILLETS**



New Zealand ORANGE ROUGHY FILLETS

Orange Roughy fillets have a firm, pearly white flesh with a delicate shellfish-like flavour.

Suitable for most cooking methods. Sealord Orange Roughy is a deepwater species caught at depths of 700 and 1000m (2000 to 3600ft). They average between 30-40cm (12-16 inches) in length and have an average weight of about 1.4kg (3lb). Orange Roughy are caught year round by deepwater trawling.

Sealord Orange Roughy comes from a sustainable and well managed fishery.



Product Codes	111026	111027	111029
Grading Size	115-170g (4-6oz)	170-225g (6-8oz)	over 225g (8-12oz)
Case Barcode	19415022110268	19415022110275	19415022110138
Portions Per Pack	70 (approx)	50 (approx)	40 (approx)
Description	Orange Roughy Fillets		
Pack Size	10kg		
Case Weight	10kg		
Case Size LxWxH	542 x 360 x 57mm		

	Average Quantity per 100g
Energy	345kJ
Protein	17.7g
Fat Total	1.1g
Saturated	Less than 0.1g
Trans	Less than 0.1g
Polyunsaturated	Less than 0.1g
Omega 3	0.2g
EPA	25mg
DHA	77mg
Monounsaturated	Less than 1g
Carbohydrate - Total	Less than 1g
Sugars	Less than 1g
Sodium	63mg
Ingredients	Orange Roughy (<i>Hoplostethus atlanticus</i>) fillets.
Allergen Statement	Contains fish.
Cooking Instructions	(From frozen) This frozen product is uncooked. As ovens may vary, ensure fish portions are hot and cooked right through before serving. Sealord Orange Roughy 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 & 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.

**WE GUARANTEE THE QUALITY OF OUR PRODUCTS.
CONTACT US WITH ANY QUESTIONS OR COMMENTS.**

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