



145g BATTERED HOKI

PORTIONS





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Sealord catches Hoki in both New Zealand, and Australia. The Hoki blocks are cut into wedge portions in our factory in Nelson, and then coated with a crispy tempura batter.

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, and off the coast of Tasmania in Australia. 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 CODES	101418	
DESCRIPTION	Battered Hoki Portions	
PACK WEIGHT	2.5kg	
CASE WEIGHT	5kg (2x2.5kg)	
CASE SIZE L x W x H	396 x 236 x 177mm	
CASE BARCODE	19415022014184	
SERVINGS PER PACK	17 (approx.)	
SERVING SIZE	145g (1 portion)	
	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	948kJ	654kJ
PROTEIN	16.1g	11.1g
FAT, TOTAL	6.5g	4.5g
SATURATED	0.7g	0.5g
TRANS	<0.1g	<0.1g
POLYUNSATURATED	1.3g	0.9g
OMEGA 3	0.4g	0.3g
EPA	35mg	24mg
DHA	120mg	83mg
MONOUNSATURATED	4.9g	3.4g
CARBOHYDRATE, TOTAL	25.5mg	17.6mg
SUGARS	4.9mg	3.4mg
SODIUM	435mg	300mg
INGREDIENTS	Hoki fillets (55%, Water, Wheat flour, Vegetable Oil, Wheat starch, Thickener (1404), Maize starch, Sugar, Salt, Mineral salts (450,500,451), Yeast, Wheat gluten .	
ALLERGEN STATEMENT	Contains Fish, Wheat, Gluten.	
COOKING INSTRUCTIONS	From frozen This frozen product is uncooked. Ensure fish portions are hot and cooked right through before serving. Deep fried (preferred) Preheat oil to 180°C, fry for 5-7 minutes or until golden brown. Drain well and serve.	
CLAIMS	No artificial colours, flavours or preservatives. Ready in 10 Minutes	
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.	