



- NEW ZEALAND -  
**HOKI FILLETS**  
SKINNED & BONED





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Sealord New Zealand Hoki skinned and boned fillets are frozen at sea, and available in several size grades.

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	GRADING SIZE	GRADING
110447	115-170g (4-6oz)	A Grade
110441	170-340g (6-8oz)	A Grade
110444	225-340g (8-12oz)	A Grade
110482	> 340g (12oz)	A Grade
110453	225-340g (8-12oz)	Premium
110821	> 340g (12oz)	Premium
PRODUCT CODE	CASE BARCODE	PORTIONS PER PACK
110447	19415022104472	48 (approx)
110441	19415022104410	27 (approx)
110444	19415022104441	22 (approx)
110482	19415022104823	17 (approx)
110453	19415022104533	22 (approx)
110821	19415022108210	17 (approx)
DESCRIPTION	Skinned and Boned Hoki Fillets	
<b>PACK WEIGHT</b>	6.8kg	
<b>CASE WEIGHT</b>	20.4kg (3x6.8kg)	
<b>CASE SIZE L x W x H</b>	490 x 257 x 199mm	

## AVERAGE QUANTITY PER 100g

<b>ENERGY</b>	349kJ
<b>PROTEIN</b>	17.5g
<b>TOTAL FAT</b>	1.3g
SATURATED	0.3g
TRANS	Less than 0.1g
POLYUNSATURATED	0.3g
OMEGA 3	0.2g
EPA	96mg
DHA	121mg
MONOUNSATURATED	0.3g
<b>TOTAL CARBOHYDRATE</b>	Less than 0.1g
SUGARS	Less than 0.1g
<b>SODIUM</b>	56mg
<b>INGREDIENTS</b>	Hoki fillets. ( <i>Macruronus novaezelandiae</i> )
<b>ALLERGEN STATEMENT</b>	Contains Fish.
<b>COOKING INSTRUCTIONS</b>	<b>From frozen</b> This frozen product is uncooked. As ovens may vary, ensure fish portions are hot and cooked right through before serving. Sealord skin off Hoki 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.
<b>CLAIMS</b>	No artificial colours, flavours & preservatives. A good source of Omega 3. Oven bakeable.
<b>STORAGE GUIDE</b>	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.