



GURNARD

FILLETS



GURNARD

FILLETS

A succulent, medium to firm white flesh fish.

Scientific name

Chelidonichthys kumu

Availability

Year round

Average weight

500g-1.4kg (up to 2kg)

Average length

20-30cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	374kJ
Protein	20.6g
Fat, total	0.7g
- saturated	0.1g
Carbohydrate	0.3g
- sugars	0.3g
Sodium	99mg

Sustainability

Gurnard has been fished commercially in New Zealand for years. The Gurnard catch levels are determined by the Ministry of Primary Industries to ensure sustainable fishing methods are continuously being practiced by all commercial fisheries through the NZ Quota Management System.



Cooking methods

Gurnard is a versatile fish, with medium textured flesh that holds its shape when cooked. It can be cooked in practically every way: frying, poaching, steaming, baking, BBQ, casserole and can be served raw as sushi.



Product details

Skinless/Boneless fillet grades

50-125g+

Carton weight

5kg

Skin On fillet grades

50-75g

75-125g

125g+

Carton weight

10kg



Learn more at
www.talleys.co.nz

