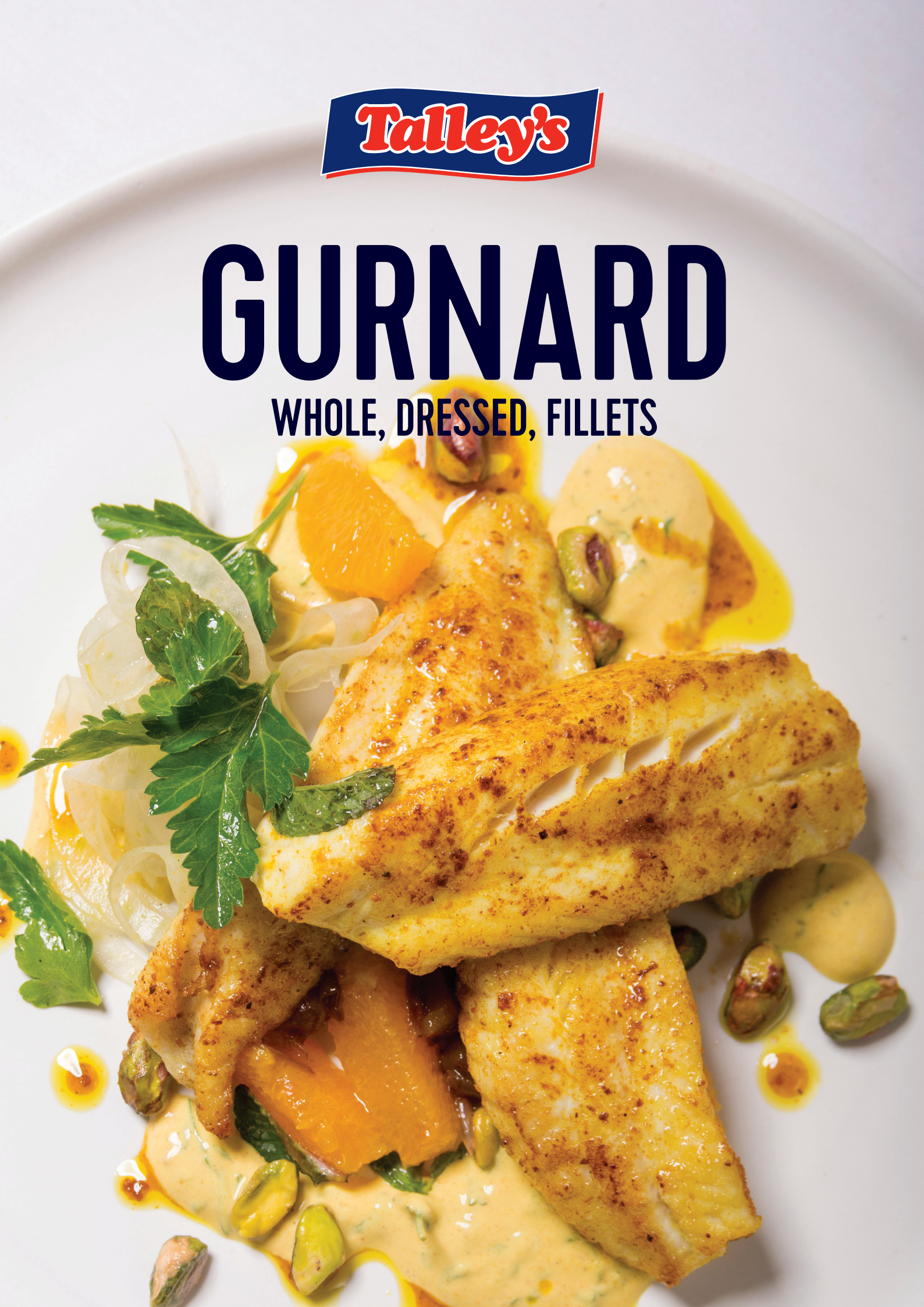
Talley's

GURNARD

WHOLE, DRESSED, FILLETS



GURNARD

WHOLE, DRESSED, 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 determind by the Ministy 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 hold it's shape when cooked. It can be cooked in practically everyway: frying, poaching, steaming, baking, bbq, casserole and can be served raw as sushimi.

Product details

Available packed as: Whole, dressed and fillets.

Contact us to find out more about our range.

Talley's

Learn more at
www.talleys.co.nz

SUSTAINABLE SEAFOOD
WILD CAUGHT
100% NATURAL
PRODUCT OF NEW ZEALAND