



HOKI

SKIN ON & SKINLESS FILLETS, PORTIONS



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A firm, succulent white fish fillet with a delicate flavour.

Scientific name

Macrurus
novaezelandiae

Availability

Caught year-round.
Main season June to
after September.

Average weight

0.5-3.5kg

Average length

60-100cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	350kJ
Protein	18g
Fat, total	1.2g
- saturated	0.3g
Carbohydrate	0.0g
- sugars	0.0g
Sodium	63mg

Sustainability

The Marine Stewardship Council eco-label assures you that our hoki reflects sustainable fishing at its finest. It means that our fish stocks are healthy. We don't damage the eco-system and there is ongoing effective management of hoki fisheries.



Cooking methods

Hoki has a delicate white flesh that flakes easily and is suitable for most cooking methods including baked, fried, grilled, steamed, curried and sautéed. Hoki is a convenient option to consider for cooking in foodservice settings like cafes, restaurants and rest homes.



Product details

Available packed as: Skin
on boneless fillets, skinless
boneless fillets, portions.

Also available as block and roe.

Contact us to find out more
about our range.



Learn more at
www.talleys.co.nz

