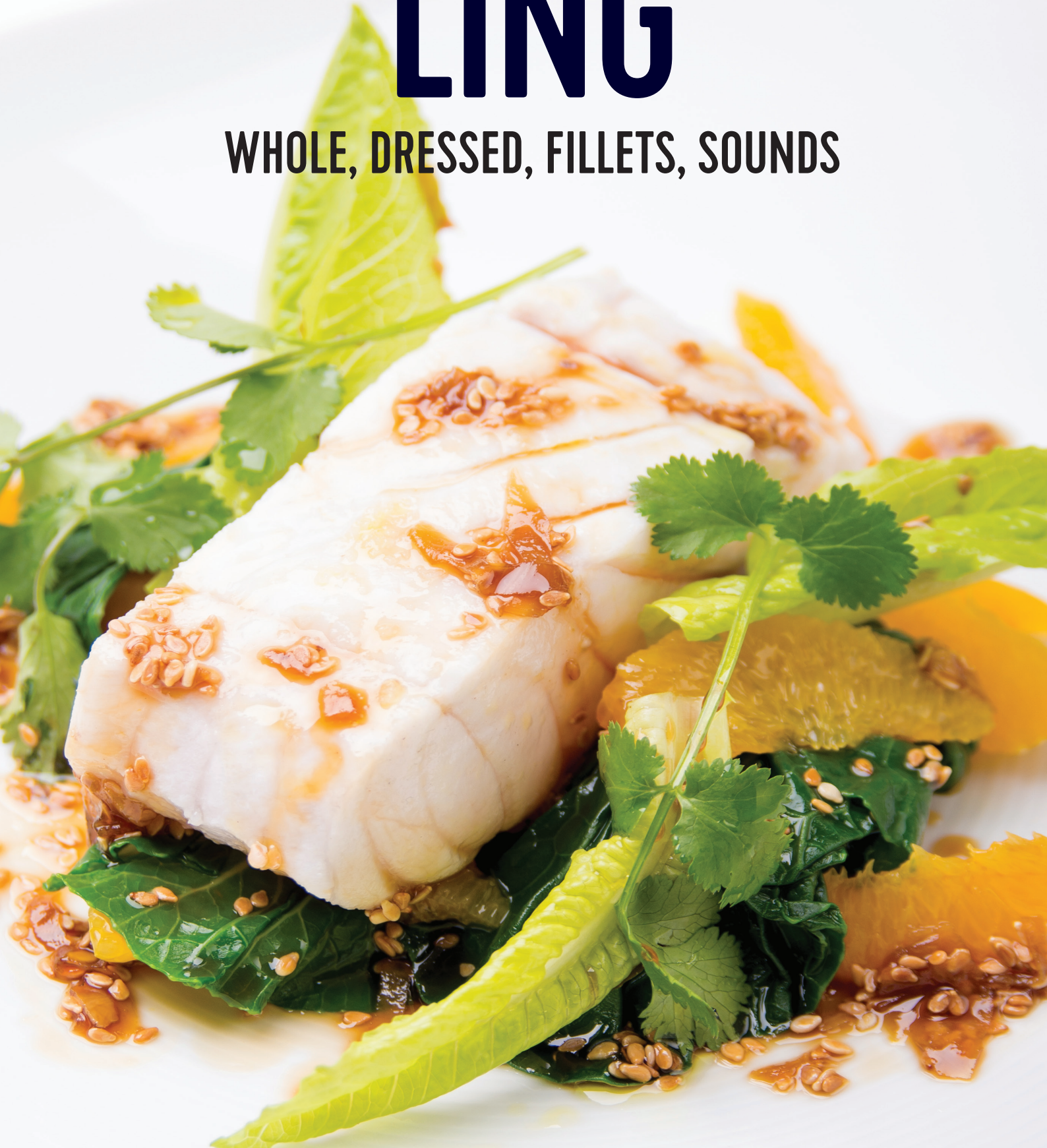




# LING

WHOLE, DRESSED, FILLETS, SOUNDS



# LING FILLETS

WHOLE, DRESSED, FILLETS, SOUNDS

A versatile, bone-free, firm-flesh fish.

## Scientific name

Genypterus blacodes

## Availability

Caught year-round.

## Average weight

4-10kg, up to 20kg

## Average length

80-120cm

## Shelf life

24 months

## Keep frozen

at -18°C (0°F) or below.

## Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	362kJ
Protein	19.7g
Fat, total	0.8g
- saturated	0.2g
Carbohydrate	0.2g
- sugars	0.2g
Sodium	142mg

## Sustainability

The Marine Stewardship Council eco-label assures you that our Ling 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 Ling fisheries.



## Cooking methods

Ling is a versatile, firm-fleshed fish that can be cooked in practically every way: bake, barbeque, casserole, curry, poach, smoke, steam, soup/chowder or fry.



## Product details

Land or Sea Frozen

Available packed as:  
Whole, dressed, fillets  
and sounds.

Also available in  
heads and collars.

Contact us to find out  
more about our range.



Learn more at  
[www.talleys.co.nz](http://www.talleys.co.nz)

