

Talley's

Amaltal

LING FILLETS

SKINLESS & BONELESS



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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	370kJ
Protein	20g
Fat, total	0.8g
- saturated	0.16g
Carbohydrate	<1g
- sugars	<1g
Sodium	140mg

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

Fillet grades

150-500g

500g-1kg

1-2kg

2-3kg

3kg+

Carton weight

20.4kg (3x6.8kg) & 10kg Sea frozen

10kg Land Frozen



Learn more at
www.talleys.co.nz

