



GREENSHELLTM MUSSELS

MEAT



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The New Zealand GreenshellTM Mussel has succulent plump meat and a sweet, tender taste.

Scientific name

Perna canaliculus

Availability

All year round (Peak season: September-June).

Average weight

10g

Average length

5-8cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	427kJ
Protein	14.7g
Fat, total	2.5g
- saturated	<1.0g
Carbohydrate	5.1g
- sugars	1g
Sodium	550mg

Sustainability

New Zealand GreenshellTM Mussels are often referenced as one of the best sustainable seafood options. Every farm must operate in accordance with a resource consent that sets strict conditions determined and enforced by the local council. GreenshellTM Mussels are governed by provisions within the Resource Management Act and the Aquaculture Act.



Cooking methods

GreenshellTM Mussels are plump and richly flavoured. This versatile shellfish can be served hot or cold and cooked in a myriad of ways: bake, grill, sauté, barbeque, fry, curry, marinate, soup/ chowder, smoke or steam.



Product details

Meat grades

IQF large 1kg
IQF Medium 1kg
IQF Standard 1kg

Piece Count

60 or less
60-100

Carton weight

12kg



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