



# NEW ZEALAND SOLE

WHOLE GUTTED





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A delicate and moist, white flesh fish with low oil content.

**Scientific name**  
Peltorhamphus  
Novaezeelandiae

**Availability**  
Year round

**Average weight**  
Up to 900g

**Average length**  
25-35cm

**Shelf life**  
24 months

**Keep frozen**  
at -18°C (0°F) or below.

#### Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	372kJ
Protein	19.4g
Fat, total	1.2g
- saturated	0.3g
Carbohydrate	0.3g
- sugars	0.3g
Sodium	93mg

#### Sustainability

Flatfish are managed by the Quota Management System (QMS).

The annual catch limit for flatfish has varied from 5,409 to 6,670 tonnes since 1986. Stock abundance of flatfish can vary markedly in response to environmental variation. Accordingly, catch limits may be changed frequently to respond to these fluctuations.



#### Cooking methods

New Zealand Sole have delicate and moist flesh with a low oil content. The upper fillets are slightly darker but whiten on cooking. New Zealand Sole has a sweet delicate flesh, ideal for any flat fish recipes. They are a great fish cooked on the bone. The fillets are best pan fried or baked.



#### Product details

Each fish is individually wrapped.

##### Grades

A: 175-250g      E: 500-600g  
B: 250-325g      F: 600-700g  
C: 325-400g      G: 700-800g  
D: 400-500g      H: 800g+

**Carton weight**  
10kg



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