

NEW ZEALAND Sole WHOLE GUTTED

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

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

Scientific name Peltorhamphus Novaezeelandiae

Availability Year round

Average weight Up to 900g

Average length 25-35cm

Shelf life 24 months

Keep frozen at $-18^{\circ}C(0^{\circ}F)$ 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

Product details

Each fish is individually wrapped.

Grades

A: 175-250g B: 250-325g C: 325-400g D: 400-500g

E: 500-600g F: 600-700 G: 700-800g H: 800g+







10kg

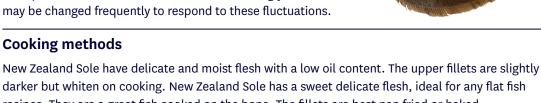


Learn more at www.talleys.co.nz









Cooking methods

Sustainability

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.

