



ORANGE ROUGHY

SKINLESS FILLETS, WHOLE, DRESSED

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A delicate white fish fillet that is skinless, boneless and has a mild tasting flavour.

Scientific name

Hoplostethus atlanticus

Availability

Year round but mainly from March to August.

Average weight

0.8-1.6kg up to 3.5kg

Average length

30-40cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	536kJ
Protein	14.6g
Fat, total	7.8g
- saturated	0.5g
Carbohydrate	0.3g
- sugars	0.3g
Sodium	60mg

Sustainability

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



Cooking methods

A mild flavour and soft, moist white flesh makes Orange Roughy a popular choice. Moderate oil content keeps orange roughy succulent and it holds together well in most cooking methods. Use skinned fillets only. Bake, sauté, poach, steam, bbq, casserole or smoke Orange Roughy; or use in a soup/chowder.



Product details

Available in MSC and Non MSC grade

Available packed as:
Whole, dressed and fillets.

Also available as roe, skins and heads.

Contact us to find out more about our range.



Learn more at
www.talleys.co.nz

