



SAND FLOUNDER

WHOLE GUTTED



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

Scientific name

Rhombosolea plebeia

Availability

Year round

Average weight

200-900g

Average length

25-45cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	382kJ
Protein	19.0g
Fat, total	1.6g
- saturated	0.4g
Carbohydrate	0.3g
- sugars	0.6g
Sodium	98mg

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

Sand Flounder have delicate, moist flesh and benefit from light cooking. They are a great fish cooked on the bone and are suitable for baking, frying, poaching or steaming.



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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