



# SEA PERCH

WHOLE, DRESSED, FILLETS





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A white, lean, moist, flaky fish with a delicate flavour and medium texture.

**Scientific name**  
Helicolenus barathri

**Availability**  
Year round.

**Average weight**  
200-800g

**Average length**  
10-30cm (up to 60cm)

**Shelf life**  
24 months

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

### Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	350kJ
Protein	18.7g
Fat, total	0.5g
- saturated	0.2g
Carbohydrate	2.3g
- sugars	0.4g
Sodium	81mg

### Sustainability

Sea Perch is managed by the Ministry for Primary Industries using the Quota Management System (QMS).

Under the QMS a yearly catch limit is set for every fish stock (a species of fish, shellfish or seaweed from a particular area). By controlling the amount of fish taken from each stock, the QMS helps keep New Zealand fisheries sustainable.



### Cooking methods

Sea Perch has a delicate flavour and medium texture. The flesh is white, lean, moist and flaky making it suitable for most cooking methods.



### Product details

Available packed as:  
Whole, dressed and  
fillets.

Contact us to find  
out more about our  
range.



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