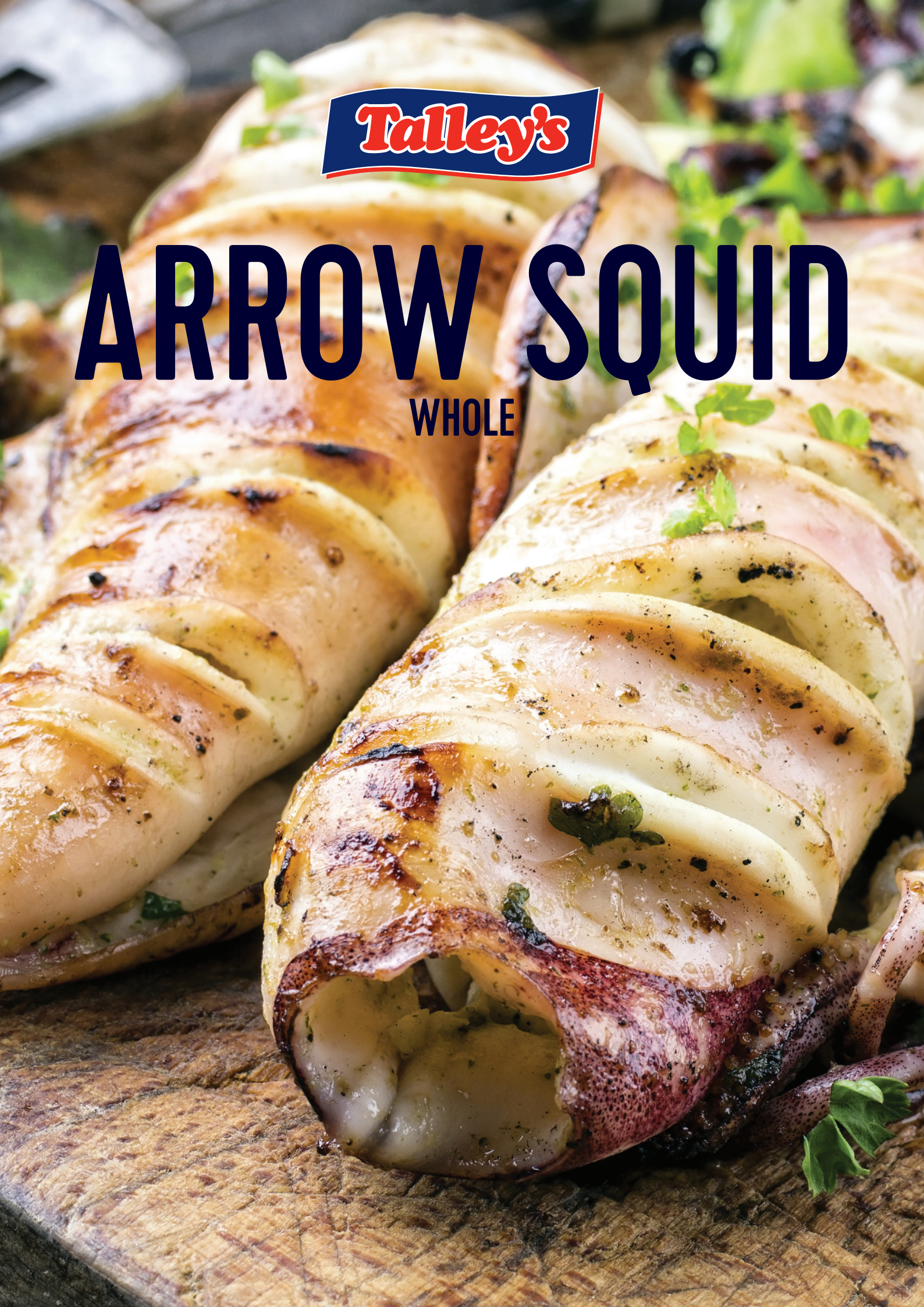




ARROW SQUID

WHOLE



ARROW SQUID

WHOLE

A light, subtle taste with firm, yet tender flesh

Scientific name

Nototodarus sloanii,
Nototodarus gouldi

Availability

Caught year-round.
Peak months December-May.

Average weight

0.1-1.3kg

Average length

20-35cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	338kJ
Protein	16.6g
Fat, total	1.6g
- saturated	0.4g
Carbohydrate	0.2g
- sugars	0.0g
Sodium	249mg

Sustainability

Arrow Squid are managed as a single fishery by the Ministry for Primary Industries using the New Zealand Quota Management System (QMS). Regular stock assessments are conducted to estimate fishery stock size and numbers. Scientific studies are also used. From these, scientists can estimate future stock sizes and catch limits



Cooking methods

With a light, subtle taste and firm, yet tender flesh, Arrow Squid have proved popular all around the world. Arrow Squid can be baked, barbecued, grilled or fried.



Product details

Portion grades

50-100g	300-400g
100-200g	400-600g
200-300g	600g+
200-400g	

Carton weight

26kg (2x13kg)



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