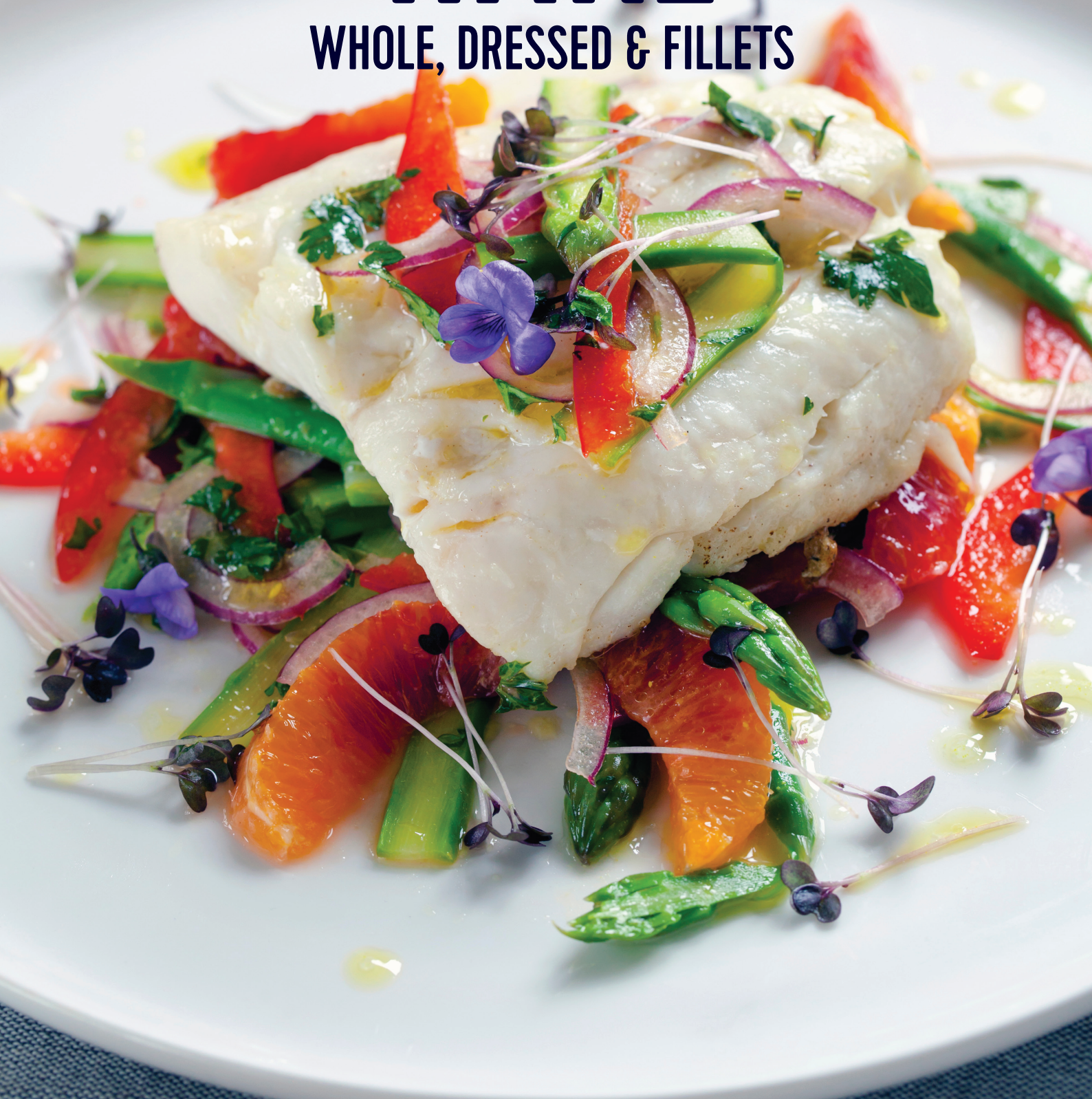




HAKE

WHOLE, DRESSED & FILLETS



HAKE FILLETS

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A moist, white flesh fish with few bones and a delicate texture.

Scientific name

Merluccius australis

Availability

Caught year-round.
Main season May to September.

Average weight

2-9kg

Average length

70-100cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	336kJ
Protein	16.4g
Fat, total	1.6g
- saturated	0.4g
Carbohydrate	0.2g
- sugars	0.2g
Sodium	65mg

Sustainability

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



Cooking methods

Hake has a moist, white flesh with few bones and a soft, delicate texture. It is suitable for most cooking methods including baked, poached, grilled and steamed. It's also a great option to marinate or use in curries, soups or chowders.



Product details

Available packed as: Whole, dressed and fillets.

Also available as heads & roe.

Contact us to find out more about our range.



Learn more at
www.talleys.co.nz

