

CONSISTENT WEIGHTS. RELIABLE PORTIONS.



LING FILLETS

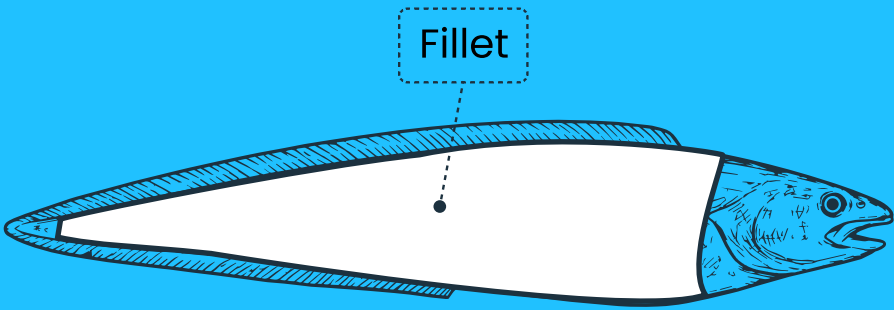
A versatile, bone-free, firm-flesh fish.



SKINLESS. SUSTAINABLY SOURCED.
MSC CERTIFIED.

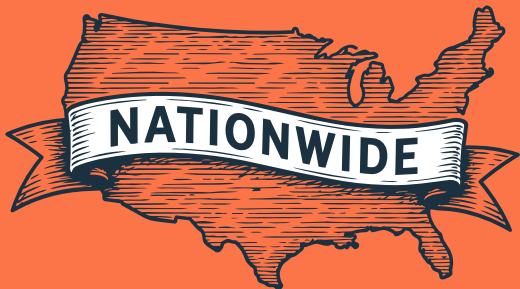


QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	88
Protein	20g
Total Fat	0.8g



NATIONWIDE STORING AND DELIVERY

Wild Caught Ling

Ling is a versatile, firm-fleshed fish that can be cooked in practically every way: bake, barbeque, casserole, curry, poach, smoke, steam, soup/chowder or fry. The Marine Stewardship Council eco-label assures you that our Ling 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 Ling fisheries.

Specifications

SCIENTIFIC NAME
Genypterus blacodes

AVAILABILITY
Land or Sea Frozen.
Year Round

WHOLE FISH FACTS

4–10 kg

Average Fish Weight

80–120 cm

Average Fish Length

Catch Area – FAO 81

Southwest Pacific

- Wild Caught in New Zealand
- MSC Certified
- No Glaze or other ingredients added

Nutrition Facts

Per 100g serving			
FACTS			
Energy	370 kJ (88 Cal)	Carbohydrate	Less than 1g
Protein	20g	-sugars	Less than 1g
Fat, total	0.8g	Sodium	140mg
-saturated	0.16g		
SOURCED			
Source		NZ Food Composition DB	

88

CALORIES

370kJ

20g

PROTEIN

0.8g

TOTAL FAT

1% DV

<1g

CARBS

0% DV

Cooking Methods

Ling is a versatile, firm-fleshed fish that can be cooked in practically every way. It holds together well and suits a wide variety of preparations. Ling is an ideal choice for:

- Baked
- Barbequed
- Steamed

- Fried
- Casserole
- Poached

Ling Fillets

Ling Fillet Skinless Boneless – 10 kg. Wild caught in New Zealand from the Southwest Pacific FAO 81. Fresh Ling sourced from fresh fish vessels and hand filleted. No glaze or other ingredients added. MSC certified. Shelf life 730 days from production date, stored at -18°C or below.



Available Packaging

Interleaved Fillets

Available Sizes:

- 50-150g
- 500g-1kg
- 1-2kg

Pack Size: 1 x 10 kg

Interleaved Fillets (cont.)

Available Sizes:

- 2-3kg / 3kg+

Pack Size: 1 x 10 kg

Packaging Details

- 10 kg carton
- Plastic liner bag
- Interleave sheeting
- NET Weight: 10 kg
- No Glaze added

Shelf Life: 730 days at -18°C

