



Wild Abalone 野生鲍鱼

HALIOTIS IRIS

Pāua



Lengths available

125⁺mm

Weights available

100–600^g

Provenance



FREE DIVE

Where we're harvesting



New Zealand Abalone or Blackfoot Paua (*Haliotis iris*) is unique to New Zealand and has a rocky shell with a stunning multicoloured interior featuring blue and green hues. The internal flesh is white with a black pigment layer which is prized for its tenderness and umami flavour. The abalone are hand harvested sustainably by a team of experienced divers from New Zealand's pristine sub-Antarctic southern coastline.

Seasonal availability



Product Specifications



Live
(specifications upon enquiry)



Frozen
Natural Abalone:

Cooked and IQF (vacuum packed and ready to eat) – size range from 100–250gm each.

Raw and IQF (meat only) – size range from 160–300gm each.

Raw and IQF (shell on and meat) – size range from 300–600gm each.

Storage: Below –18°C.

Best before: 9 months.

IQF = Individually Quick Frozen

Nutritional Information

Amounts (per 100g)

Energy.....	81 kcal / 340kJ
Protein.....	15g
Total Fat.....	1g
Saturated Fat.....	0.4g
Trans Fat.....	<0.1g
Carbohydrate.....	1.5g
Sugar.....	<0.1g
Sodium.....	410mg

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