



Kahawai

ARRIPIS SPP

Kahawai



Lengths available

40–55cm

Reaching 65cm

Weights available

2–3kg

Up to 5kg

Catch method



PURSE SEINE

Dark, medium-textured flesh that lightens on cooking; suited to canning, where flesh turns a delicate pink, and also smoking. A pelagic school fish of the Arripidae family. Found around the North Island coast, in Cook Strait and north of Kaikoura in the South Island. Often sighted close to shore and frequently schooling by size. Caught by purse seine year-round, but are often targeted in the winter when the Skipjack Tuna have moved north.

Seasonal availability



Product Specifications



Chilled

Whole fish:

Headed and gutted.

Fillets:

Fillets skin on, fillets skin off.

Keep well chilled 0°C (32°F).

Product received whole should have fillets removed to retain fillet quality and shelf life.



Frozen

Fillets:

Shatter pack 10kg per carton.

Best stored at -18°C (0°F) in supplied strapped cartons to avoid freezer burn/dehydration.

Recommended cooking from frozen or semi frozen state.

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	683.7kJ
Protein.....	21.2g
Total Fat.....	8.6g
Saturated Fat.....	2.5g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	50mg

Source: New Zealand Food Files Data

General enquiries

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