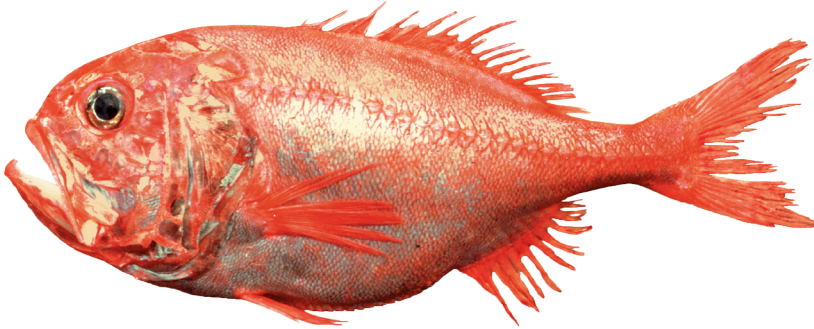




# Orange Roughy

HOPLOSTETHUS ATLANTICUS

Nihorota



Lengths available

**30–40**cm

Weights available

**0.8–1.6**kg

Up to 3.5kg

Catch method



TRAWL

Where we're fishing



Delicate flavour, good eating flesh recognised as New Zealand's premium white fillet. Belonging to the Trachichthyidae family (roughies). Caught year-round by trawling at depths of 750 to 1200 metres on the Chatham Rise, off the continental shelf from Gisborne to Kaikoura, off south Westland, and on parts of the Challenger Plateau off the West Coast. Deep-skinned to remove a layer of inedible, oily wax under the skin.

Seasonal availability



Product Specifications



**Chilled**

**Fillets:**

Skinless/boneless. Run of catch.  
10kg (22.04lbs) per poly box.  
5kg (11.02lbs) per tray pack.

**Headed and gutted:**

Run of catch 12kg (26.46lbs)  
per poly box.

60–115g (2–4oz)    115–175g (4–6oz)  
175–225g (6–8oz)    225g (8oz)

Keep well chilled 0°C (32°F).

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



**Frozen**

**Fillets:**

Skinless/boneless, graded. Shatter pack  
10kg (22.04lbs) per carton.

**Whole fish:**

Individually bagged, layer packed in  
10kg (22.04lbs) carton.

500–750g	750–1kg
1–1.25kg	1.25–1.5kg
1.5–1.75kg	1.75–2kg

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

Recommend cooking from frozen or  
semi frozen state to retain succulence.  
Do not thaw as fillets are moist.

**Nutritional Information**

Amounts (per 100g raw fillets)

Energy.....	536kJ
Protein.....	14.6g
Total Fat.....	7.8g
Saturated.....	Fat 0.5g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	60mg

Source: New Zealand Food Files Data

General enquiries

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