



Tarakihi

NEMADACTYLUS MACROPTERUS

Tarakihi



Lengths available

30–40cm

Weights available

0.9–2.5kg

Up to 6kg

Catch method



BOTTOM TRAWL LONGLINE

Medium to firm white flesh with a low to medium oil content; suitable for all methods of cooking. Fillets are skinned and boned; or scaled skin on, pin bone in. Belong to the Cheilodactylidae family (terakihi, morwongs). Most abundant south of East Cape, around Cook Strait, and on the east and west coasts of the South Island at depths of up to 250 metres. Methods of catching are longline and bottom trawl.

Seasonal availability



Product Specifications



Chilled

Whole fish:

Run of catch, graded small/medium/large 12kg (26.46lbs) per poly box.

Fillets:

Skin on bone in/skinless, boneless.

Keep well chilled 0°C (32°F).

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



Frozen

Whole fish:

Individually bagged 10kg (22.04lbs).

Fillets:

Skinless/boneless; or scaled, skin on, pin bone in (Tiki fillets) shatter pack 5kg + 10kg (22.04lbs).

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.

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	337kj
Protein.....	17.9g
Total Fat.....	0.9g
Saturated Fat.....	0.2g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	75mg

Source: New Zealand Food Files Data

General enquiries

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