Medium-textured white flesh with a low oil content; suitable for most cooking methods. Large males are more distinctly blue with greenish sides. Some females are mottled towards shades of green. Juveniles are white with broad band of brown along the side. Bottom-dwelling up to 150 metres. Mainly caught in winter (from April to September) around southern New Zealand and the Chatham Islands. They are also found in the Marlborough Sounds, Cook Strait and off Wanganui.

Seasonal availability

<table>
<thead>
<tr>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
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Product Specifications

**Chilled**

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

**Frozen**

Fillets:
Skinless / boneless. Shatter pack 10kg (22.04lbs) 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.

**Grades Available**

Gilled + gutted 600g-800g
800-1000kg
1kg+

Nutritional Information

<table>
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<tr>
<th>Amounts (per 100g raw fillets)</th>
<th>Energy</th>
<th>Protein</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sugar</th>
<th>Sodium</th>
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<tbody>
<tr>
<td>Energy</td>
<td>342kj</td>
<td>18.1g</td>
<td>0.8g</td>
<td>0.1g</td>
<td>0.3g</td>
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</table>

Source: New Zealand Food Files Data

Lengths available

30–40cm
Reaching 60cm

Weights available

0.8–1.5kg
Up to 3kg

Catch method

**Longline**

Where we’re fishing

Source: New Zealand Food Files Data

General enquiries

sales@moana.co.nz

MOANA

NEW ZEALAND