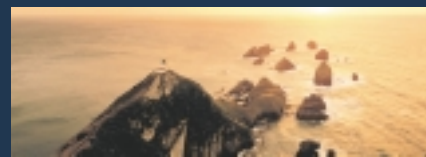


# tarakihi

*Nemadactylus macropterus*



NGĀI TAHU SEAFOOD



# Tarakihi

Nemadactylus macropterus

## Background Information

- Premium table fish with white firm texture flesh.
- Suited to all cooking methods, fillets are skinned and boned; or scaled skin on pin bone in.
- Commonly caught in all areas surrounding New Zealand. Most abundant in cooler waters south of East Cape.
- Methods of catching are long line and bottom trawl.
- Landings are constant throughout the year. Main season is Feb to June.
- A large portion of Tarakihi is filleted.
- Average length of whole fish is 35-45cm with average weight of 1.8kg (3.96lb).

## Packaging Specifications

- *Chilled Whole Fish*  
Run of the Catch, Graded Small/ Medium/ Large.
- *Chilled Fillets*  
Skin on or skin off. Run of the Catch, Upgraded  
16kg (35.27lb) per Polybox. 5kg (11.02lb) per Tray Pack.
- *Frozen Fillets*  
Skinless/boneless or Scaled, Skin on, Pin bone in  
Shatter Pack 10kg (22.05lb) per carton.

## Storage, Handling and Defrost Recommendations

- *Chilled*  
Keep well chilled 0°C (32°F). Product received whole should have fins removed to retain fillet quality and shelf life.
- *Frozen*  
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

(Per 100g (3.5oz) raw fillets – approximate)

	Amount Per Serving	% Daily Value*		Amount Per Serving	% Daily Value*
Total Calories	108	-	Dietary Fiber	-	-
Calories from Fat	11.2	-	Sugars	-	-
Total Fat	1.2g	2%	Protein	24.2g	48%
Saturated Fat	0.5g	2%	Vitamin A	-	-
Cholesterol	91mg	30%	Vitamin C	-	-
Sodium	100mg	4%	Calcium	25mg	-
Total Carbohydrate	-	-	Iron	0.5mg	2%

\* Based on a 2000 Calorie diet