



HOKI GLUTEN FREE

CRUMBED





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Our flaky portions are made from wild caught New Zealand Hoki and coated in crunchy gluten free breadcrumbs.

Hoki is a white, flaky, and succulent fish, with a mild flavour. Hoki, related to Hake, is also known as Whiptail, Blue Hake or Blue Grenadier. Sealord Hoki averages 60-100cm (23-40 inches) in length and has an average weight of 1.5kg (3.3lb).

Hoki is caught by trawling in water 200-800 metres (650-2600 feet) deep. New Zealand Hoki is most abundant around the South Island of New Zealand. The species is fished year round, but the peak catching period is June to September.

Sealord Hoki comes from sustainable and well managed fisheries, and is MSC certified.



We guarantee the quality of our products. Contact us with any questions or comments.

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PRODUCT INFORMATION

PRODUCT CODE	102080
DESCRIPTION	Gluten Free Crumbed Hoki
CASE WEIGHT	3kg
CASE SIZE L x W x H	390 x 250 x 100mm
CASE BARCODE	19415022020802
SERVINGS PER PACK	20 (approx.)
SERVING SIZE	150g (approx 2 portions)

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	1210kj	805kj
PROTEIN	15.3g	10.2g
GLUTEN	0g	0g
FAT, TOTAL	13.1g	8.7g
SATURATED	1.2g	0.8g
CARBOHYDRATE, TOTAL	27.3g	18.2g
SUGAR	1.2g	0.8g
DIETARY FIBRE	1.6g	1.1g
SODIUM	540mg	360mg

INGREDIENTS	Hoki (Fish) (50%), Gluten Free Crumb (50%) [Rice Flour, Vegetable Oil, Water, Maize starch, Thickeners (1404, 412), Salt, Dextrose, Garlic powder, Onion Powder].
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ALLERGEN STATEMENT	Contains Fish
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COOKING INSTRUCTIONS	<p>From frozen This frozen product is uncooked. As fryers and ovens vary, ensure Hoki bites are hot and cooked right through before serving.</p> <p>Deep fried Preheat deep fryer to 180°C. Place portions in Fryer for 6 to 7 minutes or until fully cooked.</p> <p>Fan baked Preheat oven to 190°C Place portions on a baking tray and cook for approx. 10-11 minutes on each side or until fully cooked.</p> <p>Air fryer Set air fryer to 180°C and cook frozen portions for approx. 14 minutes or until fully cooked..</p>
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CLAIMS	No artificial colours, flavours or preservatives. Oven bakeable. Good source of omega 3.
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STORAGE GUIDE	Keep frozen at or below -18°C. This product should remain in perfect condition if stored at -18°C until the best before date. Do not refreeze once thawed.
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