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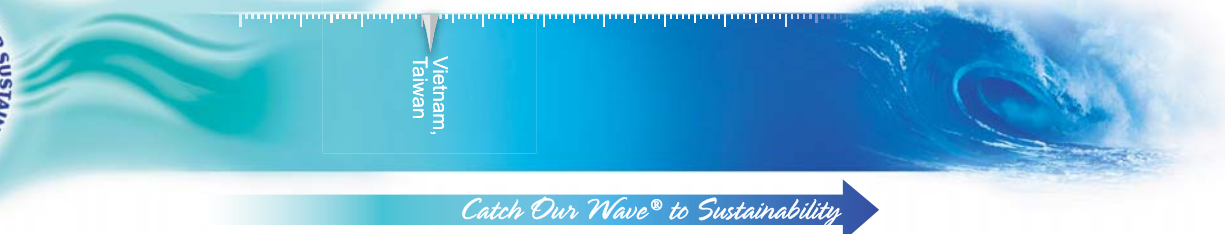
BARRAMUNDI *Lates calcarifer*



Barramundi
CO Treated

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED BARRAMUNDI



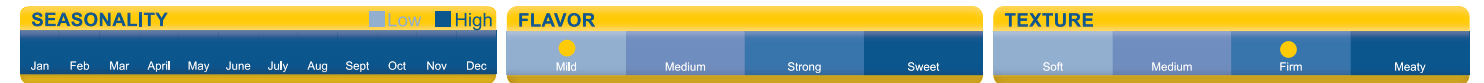
Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Presentation	Fillets IVP
Size	6, 8, 10 OZ/piece
Pack	1/10 LB

For full package details, visit our website.

Raw, the flesh color ranges pearl to pink; and cooked the meat is white and possesses a sweet, delicate flavor. The meat from wild-caught Barramundi is similar, but has a bigger flake and more robust flavor. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Grilled Barramundi Over Greens

INGREDIENTS:

- 12 oz. Barramundi Fillets (2-3 fillets)
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tsp. Lemon Juice
- 1 Dash Salt
- 1 Dash Pepper
- 1 Tbsp. Parsley (or any herb you like)
- Mixed green salad

DIRECTIONS:

Preheat grill to high. Season Barramundi fillets with olive oil, salt and pepper. Drizzle with lemon juice. Place fish on grill and cover grill. Cook for 3 min. Turn grill down to medium. Flip fillets, cover grill, and cook an additional 3 min per inch of thickness or until fish flakes easily with a fork. Meanwhile, prepare 2 large bowls with salad mixture and drizzle with lemon juice or your favorite dressing. Place fish on top of salad mixture, garnish with herbs and serve.

Preparation time: 15 mins Serves 2

Nutrition Facts

Serving Size 100g
Servings Per Container 100

Amount Per Serving	
Calories 100 Calories from Fat 50	
% Daily Value**	
Total Fat 1.2g	1.8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	3.5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21.1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Contains less than 2% daily value of these nutrients.
**Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
Barramundi, Water, Salt.

METHOD OF HARVEST: Farm - Raised; Ponds, pens, cages
COUNTRY OF ORIGIN(S): Taiwan, Vietnam

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