



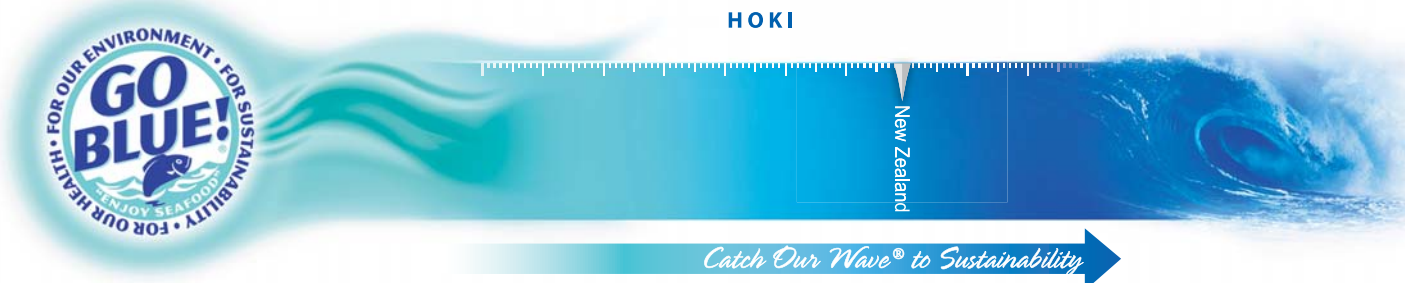
www.cport.net

# HOKI *Macrurus novaezelandiae*



MSC-C-53318

## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://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	Skinless, Boneless Fillets
Size	4/6, 6/8, 6/UP, 8/12, 8/UP oz
Pack	3/15 LB, 1/10 KG Shatterpack

For full package details, visit our website.

Hoki's flesh is moist, white and delicate with few bones. It flakes easily and is excellent for forming into fish block. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION

#### Parmesan Crumbed Baked Hoki Fillet



#### INGREDIENTS:

- 1/2 cup fresh multi-grain breadcrumbs
- 1/4 cup flat-leaf parsley leaves, finely chopped
- 1/3 cup finely grated parmesan cheese
- 1 teaspoon finely grated lemon rind
- 1 teaspoon olive oil
- 4 (about 200g each) thick Hoki fillets
- olive oil cooking spray

#### DIRECTIONS:

Preheat oven to 400°F. Combine breadcrumbs, parsley, parmesan, lemon rind, and salt and pepper in a bowl. Stir to combine. Drizzle mixture with oil. Stir until breadcrumbs are coated in oil. Press breadcrumb mixture onto flesh-side of fish fillets to form an even topping. Place fish, skin-side down, onto a baking tray. Spray with oil. Bake for 15 minutes or until crumbs are light golden and fish is just cooked through. Serve with your favorite vegetables.

Preparation time: 30 min Serves 4

<http://www.taste.com.au/recipes/8149/parmesan+crumbed+baked+fish>

#### Nutrition Facts

Serving Size Fillet (100g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 83</b> Calories from Fat 12	
% Daily Value*	
<b>Total Fat</b> 1.3g	<b>2%</b>
Saturated Fat 0.3g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 56mg	<b>2%</b>
<b>Total Carbohydrate</b> 0.5g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0.5g	
<b>Protein</b> 17.5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Hoki.

**METHOD OF HARVEST: Wild Harvest; Trawl**  
**COUNTRY OF ORIGIN(S): New Zealand, FAO 81**

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