



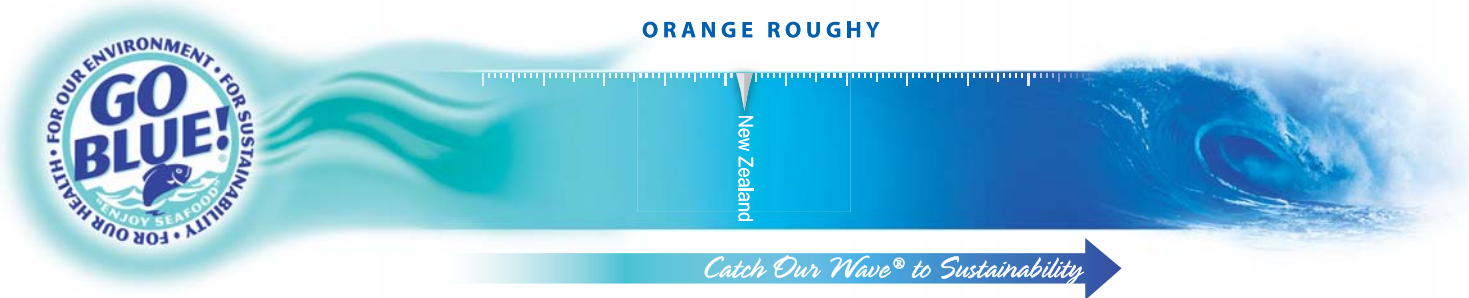
www.cport.net

ORANGE ROUGHY

Hoplostethus atlanticus



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). 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.

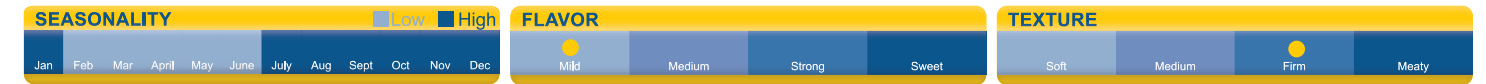


Product Presentation	Boneless, Skinless Fillets
Size, oz/piece	4/4, 4/6, 6/8, 8/12, 8/UP, 12/UP oz
Pack	1/10 Kg Shatterpack

For full package details, visit our website.

The firm white flesh has a delicate shellfish-like flavor. The light oil content of orange roughy allows for moisture retention while cooking.

For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Citrus Orange Roughy

INGREDIENTS:

- 4 Orange Roughy fillets
- 1 orange
- 1 lemon
- 1/2 teaspoon black pepper
- 1/2 teaspoon lemon pepper
- Italian bread crumbs
- salt to taste

DIRECTIONS:

Cut off 4 lengths of aluminum foil large enough to wrap each fillet. Cut orange and lemon into 1/8 inch round slices. Make a base of the orange and lemon slices on top of foil and place fillets on top. Season top of fillets with salt, pepper and lemon pepper. Any left over orange or lemon, squeeze juice over top of fillets. Seal in foil so it is air tight. Bake for 12-15 minutes at 375°, remove from oven. Open packet so top of fillet is exposed and add a light coating of bread crumbs. Broil 3-5 minutes until bread crumbs just start to brown. Serve with a side salad made of spinach and orange slices with poppyseed dressing.

Preparation and cooking time: 30 mins Serves 4

<http://www.cooks.com/recipe/qu6ww67g/citrus-orange-roughy.html>

Nutrition Facts

Serving Size 85g	
Amount Per Serving	
Calories 65	Calories from Fat 5
% Daily Value**	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 61mg	3%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 5%

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

INGREDIENTS: Orange Roughy, Salt.

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

WEST COAST
 131 7th Avenue, West, Kirkland, WA 98033
 ph: (425) 827-2800 fx: (425) 827-7125

EAST COAST
 536 Fayette Street, Perth Amboy NJ 08861
 ph: (732) 826-9400 fx: 732.826.8195

e-mail: sales@cport.net
www.cport.net



Visit our website for more information on this item