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STRIPED PANGASIUS (SWAI)

Pangasius hypophthalmus



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM™

FARMED STRIPED PANGASIUS



Vietnam

Catch Our Wave® to Sustainability

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.



For full package details, visit our website.

Product Presentation	Skinless, Boneless
Size	3/5 thru 9/UP oz
Pack	1/15 LB IVP & Bulk

Striped Pangasius is a rather versatile fish, adaptable to any number of cooking methods. The very white fillets have a rather delicate texture and light taste, and easily take on flavors that are introduced during cooking. Fresh and sweet, basa retains moisture well. While frying is most popular, basa can be baked, broiled, grilled, poached, sautéed, or even pan-fried. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



"Sea Port Panga" Striped Pangasius Fillet with Soy and Citrus

INGREDIENTS:

- 4 Sea Port Panga
- 2 tablespoons olive oil
- ½ cup pineapple juice
- ½ cup fresh squeezed orange juice
- 1/3 cup soy sauce
- 3 tablespoons finely chopped peeled fresh ginger
- 2 tablespoons sesame oil
- 1/8 teaspoon cayenne pepper
- ¼ cup diced pineapple
- Chopped green onions

DIRECTIONS:

Soy & Citrus Sauce
Simmer pineapple juice, orange juice, soy sauce, ginger, sesame oil & cayenne pepper in small saucepan over medium heat until reduced to thick syrup, about 5 minutes. Set aside.

Panga Fillet

Heat oil over high heat. Sprinkle fish with salt and pepper. Saute fish until golden, about 2 minutes per side.

To serve: Arrange Sea Port Panga Fillets on serving plates. Spoon Soy & Citrus Sauce over fish. Top with green onions and diced pineapple.

Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container 60

Amount Per Serving		% Daily Value**
Calories 62	Calories from Fat 2	
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 30mg		10%
Sodium 510mg		21%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 13g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 0%	

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

INGREDIENTS: Striped Pangasius (Swai), Water, Sodium Tripolyphosphate, Citric Acid, Potassium Citrate and Salt.



Visit our website for more information on this item

METHOD OF HARVEST: Farm-Raised; Ponds
COUNTRY OF ORIGIN(S): Vietnam

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