



www.cport.net

# TILAPIA *Tilapia mossambica*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED TILAPIA



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](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.



For full package details, visit our website.

Tilapia is mild and sweet tasting, even somewhat bland. It easily acquires flavor during preparation lending itself to the use of sauces and seasonings. Tilapia meat is white, slightly firm and flaky. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

Product Presentation	Whole Round	Gutted & Scaled	"Izumidai" Fillet Skinless, Boneless
Size	400/600, 600/800, 800/UP gm	350/550, 550/750, 750/UP gm	2/3 thru 11/UP oz
Pack	1/40 LB IWP	1/40 LB IWP	1/10 LB IVP & IQF Bulk 1/22 LB Styro

**SEASONALITY** Low High

Jan Feb Mar April May June July Aug Sept Oct Nov Dec

**FLAVOR** Mild Medium Strong Sweet

**TEXTURE** Soft Medium Firm Meaty

For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Sauteed Tilapia with Salsa Fresca

- INGREDIENTS:**
- 4 Tilapia fillets
  - Salt and freshly ground Black pepper to taste
  - Olive oil
- Salsa:**
- 2 cups plum tomatoes, diced
  - 1 cup onion, finely chopped
  - ½ cup cilantro, finely chopped
  - 1 Tbsp Serrano chiles (or jalapeno), finely chopped
  - 1 Tbsp extra-virgin olive oil
  - 2 Tbsp fresh lime juice
  - 1 medium avocado, peeled, seeded, diced

- DIRECTIONS:**
- Mix tomatoes, onions, cilantro, Serrano chiles, extra-virgin olive oil, lime juice and avocados together in a large bowl. Season with salt and freshly ground pepper to taste. Let the flavors come together at room temperature for about 1 hour. Coat fish fillets with olive oil, salt and fresh pepper and cook about 4 minutes per side. To serve: Place fish on a platter and top with salsa. Serve with green salad and rice.

### Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 20
<b>% Daily Value**</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 22g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%

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

**INGREDIENTS:** Tilapia fillet treated with Carbon Monoxide to promote color retention.



Visit our website for more information on this item

**METHOD OF HARVEST: Farm-Raised; Ponds**  
**COUNTRY OF ORIGIN(S): China, Taiwan, FAO 61**

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