

ORANGE ROUGHY



NUTRITIONAL INFORMATION	
	per 100g raw product
Energy	65cal
Protein	19.6 g
Sodium	71 mg
Fat -Total (oil)	2.5 g
Cholesterol	58 mg
Omega 3 EPA	13 mg
Omega 3 DHA	n/a mg
Omega 6 AA	n/a mg

- LOCALITY:** In the Southern waters of Australia, especially WA, SA and Tasmania. Also found in New Zealand at sea depths up to 1500m.
- SIZE:** Can grow up to 1.5 kg in size, giving a nice plate sized fillet.
- TEXTURE/TASTE:** A medium sized fillet with a firm white flesh and a delicate flavour. A small bloodline that is not strong in flavour.
- COOKING:** Quite suitable for most types of cooking, especially baking or shallow frying.
- GENERAL:** A slow growing, long lived fish, thought to be able to live up to 150 years. Orange Roughy is one of New Zealand's most valuable export species.