

HIGH SEAS

FROZEN-AT-SEA CAPE HAKE FILLETS

SKINLESS

CERTIFIED
SUSTAINABLE
SEAFOOD
MSC
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Sedex

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FROZEN-AT-SEA CAPE HAKE FILLETS

SKINLESS



Frozen-at-Sea Cape Hake Fillets Skinless

These carefully selected Cape Hake Fillets are processed and frozen-at-sea in the High Seas brand. Sea Harvest has three factory freezer vessels operating in the ice cold, crystal clear waters of the southern Atlantic Ocean. Cape Hake is well-known globally & has been an Australian favourite for over fifty years.

Key Facts

- Wild Caught
- No Hormones, No Antibiotics
- No Additives, No Colourants, No Preservatives
- MSC Certified Fishery
- Area of Catch FAO 47
- Frozen-at-Sea
- Skinless. Pin Bone In
- Price Fighter
- Available All Year
- Sweet Tasting, Firm White Fish
- Mild Flavour
- Suitable For Thaw-from-Frozen Application
- 24 Month Shelf Life When Frozen

Cooking Suggestions

- Ideal Deep Fried
- Oven Baked
- Pan Fried
- Grilled
- Steamed

Fillet Size Grade

- 1/2oz (28g-57g) Packed Interleaved
- 2/4oz (57g-113g) Packed Interleaved
- 4/6oz (113g-170g) Packed Interleaved
- 6/9oz (170g-255g) Packed Interleaved
- 9+oz (255+g) Packed Interleaved

Packaging

2x6.8kg Shatterpack

Scientific Name

Merluccius Capensis/Paradoxus



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