



SKIN ON CAPE HAKE FILLETS



www.sea-harvest.com.au



SKIN ON CAPE HAKE FILLETS



Skin On Cape Hake Fillets

Our sensational Cape Hake is wild-caught off the magical Cape of Good Hope, South Africa in the ice cold, crystal clear waters of the southern Atlantic Ocean. This versatile fish is used in many applications & has been enjoyed by Australian consumers for over fifty years. Rich in Omega 3, mild tasting & easy to prepare, Cape Hake is well-known globally.

Key Facts

- Wild Caught
- No Hormones, No Antibiotics, No Preservatives
- No Colourants, No Additives
- MSC Certified Fishery
- Area of Catch FAO 47
- Skin-On & Descaled
- Pin Bone Removed
- Once Frozen
- Shatterpack
- Available All Year
- Easy To Prepare
- Great Tasting
- 24 Month Shelf Life When Frozen

Cooking Suggestions

- Ideal For Deep Frying
- Oven Bake
- Pan Frying
- Grilling
- Steaming

Sizes

- 2/4oz (57g-113g)
- 4/6oz (113g-170g)
- 6/8oz (170g-227g)

Packaging

2x5kg Shatterpack

Scientific Name

Merluccius Capensis/Paradoxus



www.sea-harvest.com.au