



# SILVER WAREHOU



*Seriolella punctata*

Silver Warehou have firm, white flesh with varying fat contents throughout the year. Silver Warehou is suitable for most cooking methods. Wild caught Silver Warehou from New Zealand are caught all year round, at depths of 200-500m.

All Sealord Silver Warehou is from sustainable and well managed fisheries.





### AVERAGE LENGTH

40-60 cm  
15.7-23.6 inch

### WEIGHT

0.5-2kg  
1.1-4.4 lbs

### AVAILABILITY

All year round  
High Fat: Dec - June

### CATCH METHOD

Trawl

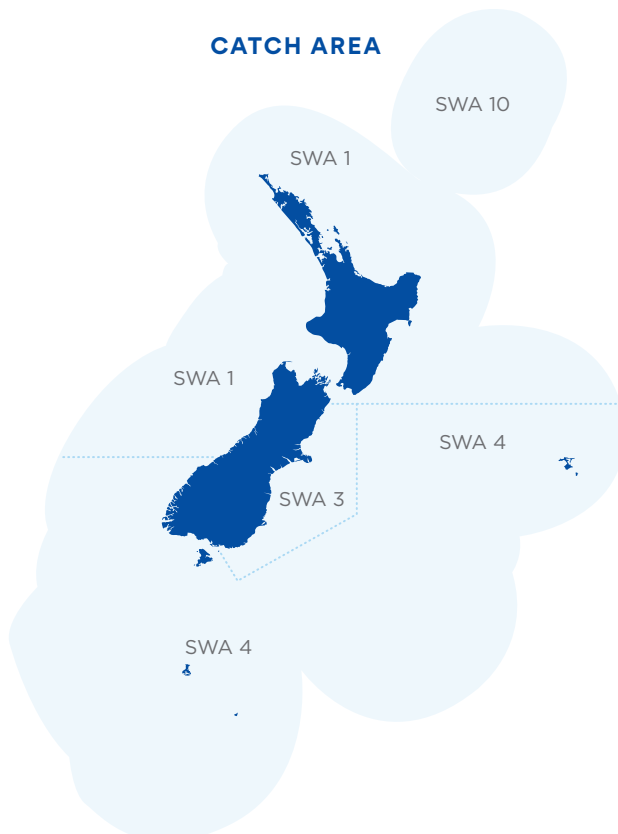
## SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description	Size Grading
Dressed	Headed, gutted, tail removed	0.3-1kg / 1kg-2kg / 2kg+

## SUSTAINABLE DEEPWATER SEAFOOD

We care about the future of fishing, so our fish comes from well-managed fisheries, some of which have a Fisheries Improvement Plan in place. We continue to evolve our processes and undertake research to ensure we manage fisheries with the best practices and quality of scientific information available. The Quota Management System (QMS) has been operating in New Zealand for over thirty years, solidifying New Zealand's reputation as a world leader in sustainable fisheries management. It ensures that our fisheries resources are not over-fished and that our seafood will be available for generations to come. It is one of the most extensive quota-based fisheries management systems in the world, with over 100 species or species complexes managed within this framework.

### CATCH AREA



### NUTRITION

Energy	786kJ	
Protein	18.9g	
Fat	Total	12.6g
	Saturated	2.4g
Carbohydrate	Total	0.3g
	Sugars	0.3g
Sodium	52mg	

### OUR ACCREDITATIONS INCLUDE:

