



CARDINAL



Epigonus telescopus

Black Cardinal have white firm and moist flesh which flakes easily when cooked. Black Cardinal is suitable for most cooking methods. Wild caught Black Cardinal from New Zealand are a deep water fish caught all year round. All Sealord Black Cardinal are from sustainable and well managed fisheries.





AVERAGE LENGTH

40-70 cm
15.7-27.6 inch

WEIGHT

0.8-2.5kg
1.8-5.5 lbs

AVAILABILITY

All year round

CATCH METHOD

Trawl

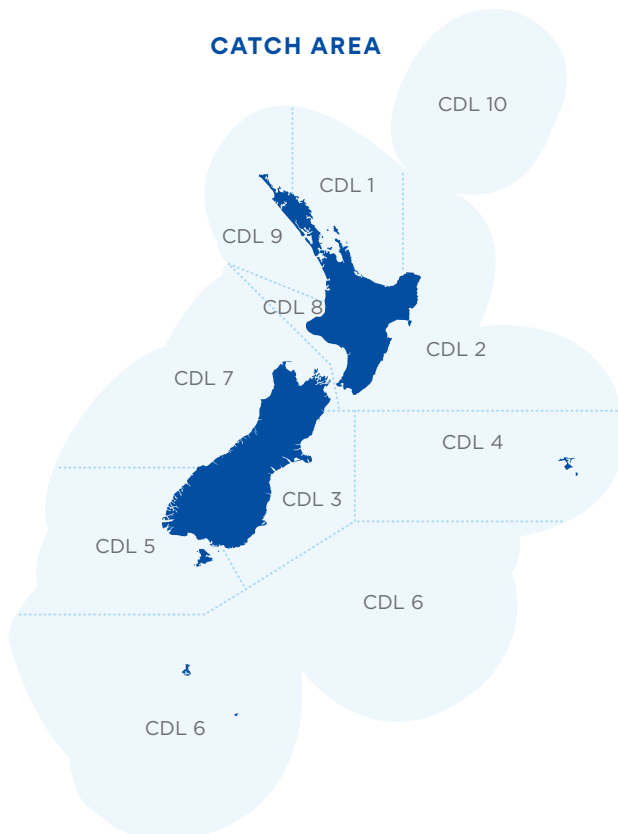
SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description
Dressed	Headed, gutted, tail remains

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	378kJ	
Protein	18.8g	
Fat	Total	1.7g
	Saturated	0.3g
Carbohydrate	Total	0.3g
	Sugars	0.3g
Sodium	92mg	

OUR ACCREDITATIONS INCLUDE:

