

Asian Seabass (Barramundi Fish) - Whole & Gutted

The Asian Seabass has one of the highest omega-3 levels in any white fish, and is an excellent source of lean protein. It is also known to have a low content in mercury and other toxic chemicals. Often used in culinary preparations across Asia, the Asian Seabass, also called the Barrumundi, has a moderate flavor that makes it versatile and well liked by many. It has firm, large flakes, with the meat remaining tender and moist after cooking.

Our Asian Seabass is farm raised, and flash frozen to maintain its freshness and flavor.

Packing size : Various sizes

