

TODAY'S
FRESH WEEKLY
SEAFOOD SPECIALS

FROM
26/04/2024
TO
01/05/2024

FOODLINK

Distributor of Fine Foods

A top-down photograph of a person's hands slicing a piece of salmon on a wooden cutting board. The salmon is cut into thin, overlapping slices, some of which are already arranged in a neat row on the left side of the board. The person is using a sharp knife to cut a slice from a larger piece of salmon on the right. The text 'RED HOT SPECIALS' is overlaid in the center of the image in a white, stylized, outlined font. The background is a dark, textured surface.

RED HOT
SPECIALS

103177	BARRAMUNDI WHOLE PLATE 600-800GM R/W QLD	KG	\$14.90
103613	TREVALLY FILLETS NZ SASHIMI 1.1KG + R/W	KG	\$19.90
104999	COD FILLETS QUEENSLAND S/OFF 600GM + R/W	KG	O/S
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	\$78.90
101079	FLATHEAD FILLET S/OFF B/LESS LAKES ENTERANCE R/W	KG	\$44.90
101271	GURNARD FILLETS S/LESS R/W NZ	KG	\$32.90
101410	JEW FISH WILD FILLET S/ON 1.5-2KG NT R/W	KG	\$34.50
101524	LING FILLETS S/LESS B/LESS NZ 1.5KG + R/W	KG	\$29.90
101560	MAHI MAHI FILLETS S/ON COFFS 1.8KG + R/W	KG	O/S
101673	MONK FISH FILLETS S/OFF NZ 185GM + R/W	KG	\$25.90
101810	ORANGE ROUGHY FILLET S/OFF NZ 250GM + R/W	KG	O/S
102211	PRAWNS WHOLE GREEN YAMBA U8 R/W	KG	\$39.90
102610	SNAPPER FILLETS RED S/ON SOUTH AUST 400GM + R/W	KG	\$29.90
102613	SNAPPER GOLDBAN FILLETS S/ON 500GM + R/W W.A	KG	\$42.90
102614	SWEETLIP SNAPPER FILLETS 300GM + R/W QLD	KG	O/S
100268	BLUE MACKEREL FILLET S/ON COFFS 2KG + R/W	KG	\$24.90
102785	SWORD FISH LOINS ULLADULLA NSW R/W	KG	\$39.90
102984	TUNA LOINS SASHIMI ULLADULLA NSW FRESH A GRADE R/W	KG	\$52.90



**SALMON PC S/ON 200GM EACH
BLOCK CUT TASI HUON**

Fresh

\$9.50/EACH

Item Code: 102417



**PRAWNS WHOLE GREEN YAMBA
U8 R/W**

Fresh

\$39.90/KG

Item Code: 102211



**LING FILLETS S/LESS B/LESS NZ
1.5KG + R/W**

Fresh

\$29.90/KG

Item Code: 101524



**SWORD FISH LOINS ULLADULLA
NSW R/W**

Fresh

\$39.90/KG

Item Code: 102785

SALMON ROE 100GM TASI

Frozen

\$29.90/EACH

Item Code: 103555



SNAPPER FLAME TAIL FILLETS 800GM + R/W NT

Fresh

\$42.90/KG

Item Code: 104237



SNAPPER GOLDBAN FILLETS S/ON 500GM + R/W W.A

Fresh

\$42.90/KG

Item Code: 102613



CRAB MEAT SPANNER RAW 500GM

Frozen

\$58.50/EACH

Item Code: 100860



SPECIES INFORMATION

SPECIES

Flatheads

DESCRIPTION

These appropriately named bottom-dwelling marine fish have a flat-triangular shaped head and long, dark, tapering body. Wild-caught, they are found mainly inshore in estuaries and bays to depths of about 30m and are caught in NSW estuaries and off the coast of southern Queensland by gillnets and seine nets (as well as bycatch of prawn trawling).



**FLATHEAD FILLET S/OFF
B/LESS LAKES ENTERANCE
R/W**

Fresh

\$44.90

Item Code: 101079

OTHER NAMES

Black Flathead, Dusky, Estuary Flathead, Flathead, Flattie, Frog, Lizard, Mud Flathead, River Flathead.

FAMILY

Platycephalidae (Flatheads).

SEASON

Available year round with peaks in NSW and Queensland from June to August.

SPECIES INFORMATION

SPECIES

Mussels

DESCRIPTION

Available farmed, this marine-dwelling bivalve mollusc is found in intertidal waters to depths of around 20m, often in dense clumps, attached by coarse rope-like 'beards' to exposed reefs, rocks and jetty pylons, and was traditionally harvested by divers off southern NSW, Victoria, SA and southern WA.

Aquaculture commenced in NSW in 1976, and now all Blue Mussels sold commercially are farmed. They are grown in southern NSW (around Eden), Victoria, Tasmania, SA and southern WA in clean, sheltered water 5-20m deep. The tiny immature Mussels (spat) are collected on ropes (mainly from the wild, although some are produced in hatcheries in Tasmania), raised in long 'socks' (to protect them from predators) suspended from horizontal ropes attached to buoys to keep them immersed (known as subtidal suspended culture) and harvested at 12-18 months.

The dark (brown, grey, blue, purple or black), wedge-shaped shell with a bluish-white interior is easily distinguished from other bivalve molluscs such as Pipsis and Cockles. They are the only commercial species of Mussel sold in quantity in Australia.

OTHER NAMES

Black Mussel, Common Mussel, Mussel.

FAMILY

Mytilidae (Mussels).

SEASON

Available year round.



MUSSELS S/AUST
KINKAWOOKA SA
R/W

Fresh

\$8.50/KG

Item Code: 101725



ALASKAN KING CRAB LEGS R/W

Fresh

\$89.90/KG

Item Code: 100011



CRAB MEAT SPECIAL BLUE SWIMMER 227GM

Fresh

\$18.90/EACH

Item Code: 100861



CAVIAR LUMPFISH BLACK 50GM

Fresh

\$7.50/EACH

Item Code: 101548



PRAWNS TIGER COOKED 16/20 MED-LARGE QLD R/W

Fresh

\$29.90/KG

Item Code: 105385

SEAFOOD RECIPE

Thai red fish curry with noodles

SERVES: 4



INGREDIENTS

200g Pad Thai rice noodles
1/4 cup (60ml) peanut oil
600g firm boneless white fish fillets (such as ling), cut into 2cm thick slices
2 garlic cloves, finely chopped
1/2 bunch spring onions, chopped, dark and pale parts separated
1 bunch coriander, leaves picked, roots chopped
1/4 cup (60ml) Thai red curry paste
1 tablespoon fish sauce
150g sugar snap peas
2/3 cup (165ml) coconut cream
1/2 cup (75g) chopped peanuts
Bean sprouts, to serve
Lime wedges, to serve

METHOD

1. Soak noodles in hot water for 10 minutes or until soft, then drain. Set aside.
2. Heat 1 tablespoon oil in a wok over high heat and season the fish. Stir-fry half the fish for 2 minutes or until slightly golden, then transfer to a plate. Repeat with another 1 tbs oil and remaining fish.
3. Heat the remaining 1 tablespoon oil in the pan, then add the garlic, white spring onion and coriander root. Stir-fry for 1-2 minutes until softened. Add the curry paste and stir-fry for a further 2 minutes or until fragrant, then add the fish sauce, sugar snap peas, 1/4 cup (60ml) water and cook for a further 2 minutes or until sauce is slightly reduced. Return the fish to the wok with coconut cream and remaining spring onion, then toss to combine and warm through.
4. Divide the noodles among 4 bowls and top with the fish curry. Serve immediately with coriander leaves, peanuts, bean sprouts and lime wedges.

OYSTERS SYDNEY ROCK OPEN X/LARGE NAMBUCCA

Fresh

\$24.90/DOZ

Item Code: 101909



SALMON ROE 100GM TASI

Fresh

\$29.90/EACH

Item Code: 103555



SEA URCHIN ROE TASI SASHIMI GRADE

Fresh

\$34.90/CTN

Item Code: 102522



OYSTERS SYD ROCK OPEN BISTRO MED SIZE

Fresh

\$12.50/DOZ

Item Code: 101906



MORE
SHELL-FISH
OPTIONS

100011	ALASKAN KING CRAB LEGS R/W	KG	\$98.50
103269	BUGS COOKED BALMAIN FRESH QLD LARGE R/W	KG	\$39.90
105224	BUGS COOKED LARGE 175-200GM R/W	KG	\$38.90
100425	CALAMARI SOUTHERN FRESH LINE CAUGHT S.A R/W	KG	\$29.90
100731	CLAMS CLOUDY BAY DIAMOND 1KG NZ	KG	\$19.50
100866	CRABS RAW WHOLE BLUE SWIM R/W	KG	\$29.50
100859	CRAB MEAT SPANNER COOKED 500GM	EACH	\$59.90
100860	CRAB MEAT SPANNER RAW 500GM	EACH	\$58.50
100865	CRABS COOKED WHOLE BLUE SWIM R/W QLD	KG	\$29.90
100939	CUTTLE FISH CLEANED FRESH SPENCER GULF S.A R/W	KG	\$19.50
101537	LOBSTER TAILS RAW 4OZ W.A	KG	\$84.90
107845	LOBSTER WHOLE COOKED LOCAL 700GM -1KG R/W NSW	KG	\$79.90
101535	LOBSTER WHOLE COOKED 600-800GM WA R/W	KG	\$55.90
101826	OCTOPUS MARINATED 900GM TUB	EACH	\$39.90
101907	OYSTERS SYD ROCK UNOPENED PAMBULA LIVE	DOZ	\$19.90
102113	PIPIES LIVE GOOLWA SA NO SAND R/W	KG	\$24.90
102230	PRAWNS OCEAN KINGS COOKED U10 YAMBA R/W	KG	\$36.90
102240	PRAWNS TIGER COOKED U10 FRESH RED R/W QLD	KG	\$38.90
102208	PRAWNS WHOLE GREEN SOUTH AUST 10/15 R/W	KG	\$32.50
106255	SCALLOP 1/2 SHELL JAPANESE LARGE SASHIMI GRADE	DOZ	\$29.90
103084	VONGOLE LIVE R/W	KG	\$29.50



LOBSTER WHOLE COOKED LOCAL 700GM -1KG R/W NSW

Fresh

\$79.90/KG

Item Code: 107845



LIVE MARRON 180GM AVG R/W

Item to be pre-ordered, please call your Rep

\$91.00/KG

Item Code: 101530

SASHIMI GRADE FISH FILLETS & WHOLE

100268	BLUE MACKEREL FILLETS COFFS SASHIMI 80GM + R/W	KG	\$24.90
100273	BONITO FILLETS 200-400GM R/W COFFS	KG	\$27.90
103344	BONITO WHOLE 900-1KG R/W COFFS	KG	\$12.90
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	\$78.90
100819	CORAL TROUT WHOLE SASHIMI 2-3KG CAIRNS	KG	\$46.90
108111	GROUPEL FILLETS GIANT S/ON QLD 800GM + R/W	KG	O/S
101446	KING FISH FILLET S/ON SASHIMI GRADE 1KG + R/W SA	KG	\$58.90
101448	KING FISH WHOLE FARMED 3-4KG SASHIMI GRADE R/W S.A	KG	\$34.90
101088	FLOUNDER Y/BELLY WHOLE 400/500GM PLATE R/W NZ	KG	\$28.50
102412	SALMON FILLET S/ON TASI SASHIMI 1.5-2KG R/W	KG	\$38.90
102413	SALMON FILLETS ORA KING S/ON NZ 2KG + R/W	KG	\$47.50
102426	SALMON WHOLE SASHIMI GRADE 4.5KG + R/W TASI	KG	\$28.90
103178	SNAPPER FILLETS S/ON XL NZ 1KG+LONG-LINE	KG	\$44.50
106162	SNAPPER WHOLE SASHIMI 1.5-2KG IKI LONGLINE NZ R/W	KG	\$19.50
102984	TUNA LOINS SASHIMI ULLADULLA NSW FRESH A GRADE R/W	KG	\$52.90
103129	WHITING WHOLE NSW LARGE 300GM AVG R/W	KG	\$24.90

BARRAMUNDI FILLETS IMP 200/300 S/OFF 5KG



Trading

\$92.00/EACH

Item Code: 103272



SALMON FILLET S/ON TASI SASHIMI 1.5-2KG R/W

Fresh

\$38.90/KG

Item Code: 102412



BARRAMUNDI FILLET S/ON QLD LARGE 800GM + R/W

Fresh

\$29.50/KG

Item Code: 100137



KING FISH FILLET S/ON SASHIMI GRADE 1KG + R/W SA

Fresh

\$58.90/KG

Item Code: 101446

SUPPLIERS INFORMATION LETTER

Huon Update:

As leaders in aquaculture, Huon's commitment to excellence drives the continuous evaluation of our product portfolio and we wish to advise that moving forward, we are focusing efforts on our salmon operations. Huon proudly produces superior salmon that's consistently oceans ahead in quality, taste, and freshness.

Please note that from 17th April 2024, Huon will no longer provide Ocean Trout.

We appreciate this may impact you, and our team is fully committed to working with you to ensure a seamless and personalised transition for your business.

We value and thank you for your partnership and look forward to continuing to work with you.

Kind Regards,
Huon

Albany Rock Oysters Update:

Albany Rock Oysters has now **finished it's harvesting season.**

Our apologies for the inconvenience and once again thank you for your support during this season.

Kind Regards,
Jeni

ANZAC DAY CLOSURES



*Anzac Day Delivery
Schedule 2024*

**** Please ensure all orders are placed as early as possible ****

Area	Wednesday 24th	Thursday 25th	Friday 26th
Sydney Metro	✓	✗	✓
Blue Mountains	✓	✗	✓
Southern Highlands	✓	✗	✓
South Coast	✓	✗	✓
ACT	✓	✗	✓
Central Coast	✓	✗	✓
Hunter Valley	✓	✗	✓
Newcastle	✓	✗	✓

orders@foodlinkaustralia.com.au

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