



AKOONA™

Red Sea Barramundi

- From the pristine waters of the Red Sea – the high salt and oxygen levels of the water produce the premium texture and sweet flavor characteristic of wild fish.
- Barramundi (*Lates calcarifer*) – with a mild flavor and a flaky white flesh, it's an important source of dietary proteins and Omega 3 fatty acids.
- Certified Sustainable – The first company in the region to earn a Best Aquaculture Practices (BAP) certification from the Global Aquaculture Alliance.
- Desert Aquaculture – a new concept which provides optimal grow out conditions while utilizing recirculating systems to reduce overall water use.
- Vertically integrated – full production control from “egg to market” delivers the freshest products and highest quality in the marketplace.
- Full traceability – with the hatchery, feed mill, grow out and processing plant all under common ownership, each fish can be precisely tracked throughout the supply chain.
- Continuously available – all year round, in a full range of product forms ranging in weight from 400 – 1500 grams.
- 100% free of added processing chemicals – a premium fish as it should be.
- Packed under strict HACCP controls – meets the requirements of the U.S. Food and Drug Administration.





Pan seared Akoona™ with Tomato Caper Salsa

INGREDIENTS:

- 2 Akoona barramundi portions
- 2½ tablespoons of olive oil
- Salt and pepper
- Lemon, cut into wedges
- Mixed salad leaves
- 1 ripe tomato, finely diced
- 1 tablespoon of baby capers
- Chopped fresh parsley
- 1 tablespoon of lemon juice
- Salt and pepper to taste

Combine tomatoes, capers, parsley, lemon juice and 1½ tablespoons of olive oil in a bowl. Add salt and pepper, mix and set aside.

Pat fish dry with paper towel, salt and pepper. Using a non-stick fry pan and remaining oil cook fish over medium high heat for 5 minutes. Turn fish and continue cooking on a medium heat until cooked.

Serve fish with mixed salad leaves and a wedge of lemon. Spoon tomato caper salsa over the top of the fish.

Nutrition Facts

Serving size 6 oz. Raw (170g)
 Servings per container: About 27
 Packed by weight, number of fillets may vary

Amount Per Serving

Calories 140	Calories from fat 18
% Daily Value**	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 70mg.	30%
Sodium 60mg.	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugar 0g	
Protein 35g	
Vitamin A 4%	Vitamin C 2%
Calcium 4%	Iron 3%

* Percent Daily Values are based on a 2000 calorie diet, your Daily Values may vary higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



Product of Saudi Arabia.



BAP 3-star rated
 by the Global Aquaculture Alliance.

Akoona is supplied by the
 National Aquaculture Group, the world
 leader in integrated aquaculture.

Standard packing is 10 lb cases
 of vacuum packed portions or individually
 wrapped whole fish in 20 lb cases.

Please ask your Darik representative
 for more information.

Case Configuration

1 × 10 lb.

Dimensions

16 "L × 12¼"W × 4½"H

Volume

.49 cu. ft.

Pallet

12 per layer, 12 high

**Akoona™ brand is exclusively distributed
 by Darik Enterprises, Inc.**

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Visit our websites: www.shrimpppeople.com

www.akoona Barra.com



and fish
The Shrimp People™