

Parrotfish

The parrotfish diet of algae gives the tender white meat a very delightful, unique, and sweet shellfish flavor. Parrotfish taste delicious doesn't matter if they are fried, grilled, baked, or steamed. Like other fish, parrotfish are a source of omega-3 fatty acids, vitamins, and minerals such as iron, zinc, iodine, magnesium, and potassium.



Product Details

Pack Size	Various
Cooking Methods	Bake, Fry, Grill, Sauté
Texture	Medium
Flavor	Mild
Availability	January - December
Scientific Name	Scaridae
Location	United States