本地肥美馬友

豐富 Omega-3　矜貴健康之選

Omega-3含量評級為「中高」
遠超其他常見淡水魚

每100g魚肉約含840mg EPA+DHA
補充腦部及心血管營養的絕佳食材



榮獲魚類統營處（FMO）「優質養魚場」認證。
嚴格監控水質與食品安全，品質達至最高標準，
呈獻最安心的本地頂級鮮味。

完美駕馭各種煮法，
鮮食與醃製皆宜，
極高可塑性！

海中珍品 本地優鮮

得益於香港本地專業養殖技術，
馬友魚油分佈均勻，肉質極度柔滑，而且骨少肉厚，方便享用。

日式一夜干



清蒸/梅子蒸



香煎馬友



CHI FAT SEAFOOD

優鮮港品
Hong Kong Harvest

Local Fresh Threadfin

Rich in Omega-3 | Premium Health Choice

"Medium-High"of Omega-3 far exceeds of other Freshwater Fish

840mg of EPA & DHA of each 100g of fish contains excellent source of nutrition for the brain and cardiovascular system



Awarded "Accredited Fish Farm" certification by the FMO. Monitoring of water quality and food safety ensures the highest standards of quality, presenting the safest and finest local seafood.

Locally Sourced & Fresh

Benefiting from professional aquaculture techniques, Threadfin has evenly distributed oil, extremely smooth flesh, few bones with thick meat, easy to enjoy.

Perfectly handle all kinds of cooking methods, suitable for both fresh consumption and pickling.

Semi-dried



Steamed / Plum



Pan-fried



CHI FAT SEAFOOD

優鮮港品
Hong Kong Harvest