

Common name: Hake, carioca or pixota

Scientific name: Merluccius merluccius

White fish with a dark cylindrical body about 1 m long. It has 8 fins and a mouth with two rows of hook-shaped teeth on the lower jaw and one on the upper.



They are fished by trawling, especially in winter, when they live deeper, or by longline fishing in summer in coastal areas.

It has low fat, it also has **omega 3 fatty acid, vitamins B12 and B3 and Potassium**, which will allow the heart muscle to function properly.