



## CATALOGUE 2024

### CANNED FISH

We select the best raw materials for our production, we achieved a difficult position to be achieved by many other producers.

Our canned fish is manufactured by the traditional “pre-cooked” method, exclusively with fresh fish, caught by sustainable methods and by following a conscious criteria of the production “in season”, in which the fish is considered on its best conditions of quality and flavour. All the ingredients (except the fish) are organic certified.





## TUNA IN ORGANIC EXTRA VIRGIN OLIVE OIL

[more pictures here](#)

**Net weight:** 120G

**Drained weight:** 90G

**Barcode:** 5600409200480



## TUNA FILLETS IN LIGHT BRINE ORGANIC THYME-LEMON

[more pictures here](#)

**Net weight:** 120G

**Drained weight:** 90G

**Barcode:** 5600409200473



This canned food is as tasty as ever. The abundance of omega-3 in tuna and the monounsaturated fat in olive oil make this healthy canned food one of the most recommended in the Mediterranean diet.



This preserve continues to set itself apart from all others with its unique flavour, thanks to the antioxidant properties of lemon thyme and its citrus flavour that come together with the abundance of omega-3s in tuna.





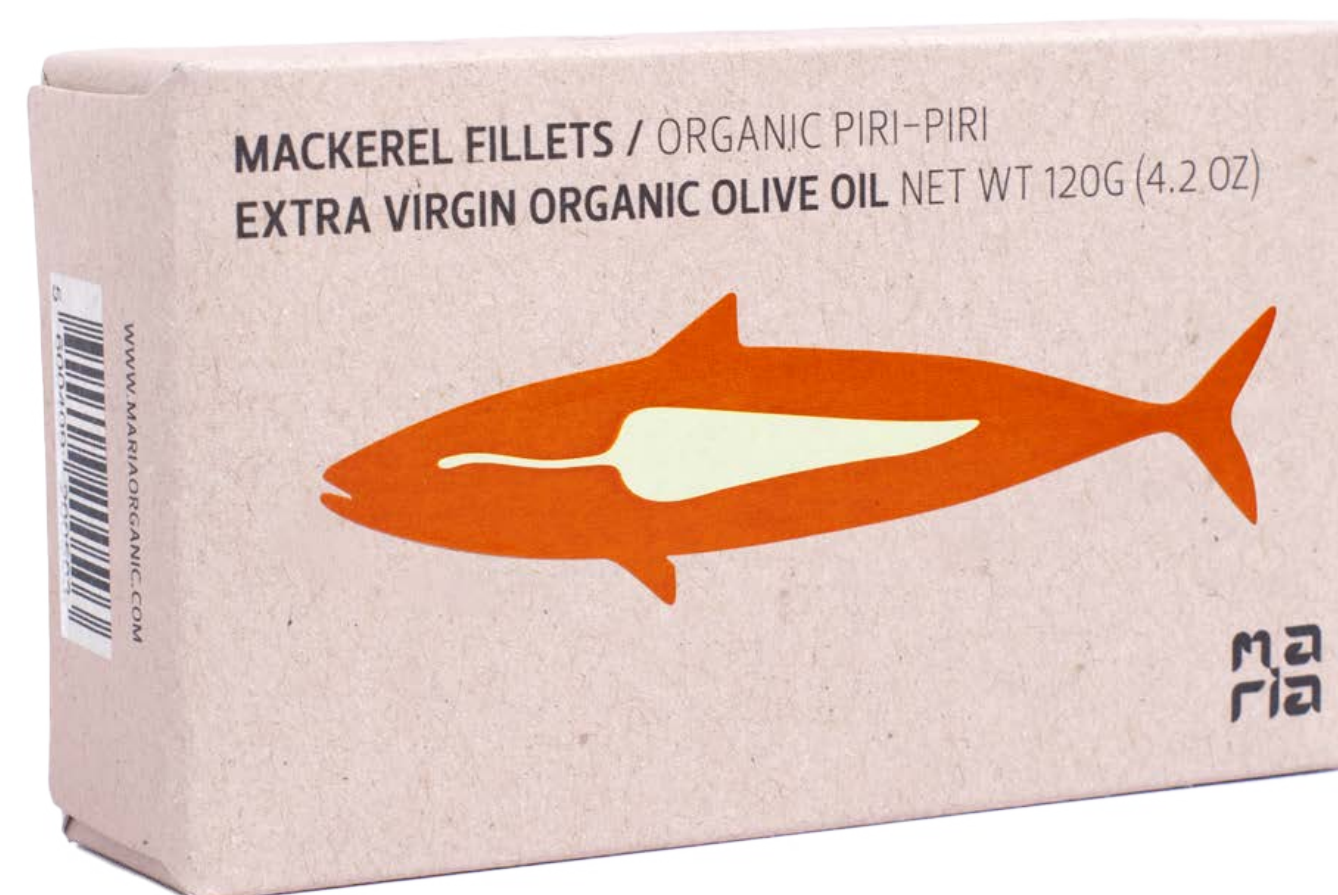
## MACKEREL FILLETS IN ORGANIC EXTRA VIRGIN OLIVE OIL

[more pictures here](#)

**Net weight:** 120G

**Drained weight:** 90G

**Barcode:** 5600409200497



## MACKEREL FILLETS IN ORGANIC EXTRA VIRGIN OLIVE OIL ORGANIC PIRI-PIRI

[more pictures here](#)

**Net weight:** 120G

**Drained weight:** 90G

**Barcode:** 5600409200503



This canned food continues to delight fish lovers. To the monounsaturated fat of the Extra Virgin Olive Oil, the protein of the mackerel makes this healthy preserve one of the most recommended in the Mediterranean diet.



Accompanied by the spectacular organic chilli pepper, this conserve continues to delight the most daring palate as well as aiding digestion. Thus, this healthy canning is one of the most recommended in the Mediterranean diet.





## SARDINE IN ORGANIC EXTRA VIRGIN OLIVE OIL

[more pictures here](#)

**Net weight:** 120G

**Drained weight:** 90G

**Barcode:** 5600409200541



## SARDINE IN ORGANIC EXTRA VIRGIN OLIVE OIL AND ORGANIC TOMATOES

[more pictures here](#)

**Net weight:** 120G

**Drained weight:** 90G

**Barcode:** 5600409200589



This canned food continues to stand out as a symbol of Portuguese canning tradition. The organic protein content of the sardines and the monounsaturated fat of the olive oil make this healthy preserve one of the most recommended in the Mediterranean diet.



The sweet touch of this canned food will leave even the most sweet-toothed consumers craving for more. Together with the sardines' biological protein content, the power of lycopene as an antioxidant make this one of the healthiest preserves.





## SMALL SARDINE IN ORGANIC EXTRA VIRGIN OLIVE OIL

[more pictures here](#)

Net weight: 90G

Drained weight: 65G

Bar code: 5600409200510



## SMALL SARDINE IN ORGANIC EXTRA VIRGIN OLIVE OIL AND ORGANIC PIRI-PIRI

[more pictures here](#)

Net weight: 90G

Drained weight: 65G

Bar code: 5600409200527



This conserve continues to satisfy lovers of traditional Portuguese snacks. The monounsaturated fat from olive oil is added to the source of monounsaturated and polyunsaturated fats in the form of petinga, making this healthy conserve one of the most recommended in the Mediterranean diet.



This preserve remains a favourite with lovers of intense flavours. To the benefits shared with its partner, are added the benefits of organic chilli.



**THANK YOU**  
FOR CHOOSING  
**QUALITY**

mariaorganic.com  
organic@mariaorganic.com