

Countries with Cheapest Seafood

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1. Cheapest Fish and Seafood by Country (Global Rankings)

According to 2021 data, the most affordable [fish](#)/seafood (indexed against a world average of 100) is found in:

- **Maldives** (46.64 index points) 1
 - **Argentina** (94.49)
 - **Turkey** (93.04)
 - **Ukraine** (89.76)
 - **South Africa** (84.93) These countries offer prices significantly below the global average (107.92). Coastal nations like Peru (107.15) and Ecuador (104.85) also provide budget-friendly options due to local abundance 1.
-

2. Budget-Friendly Fish Varieties

Avoid overpriced or low-quality options by prioritizing these affordable and nutritious picks:

- **Basa/Tilapia:** Often cheaper than salmon but versatile for tacos, curries, or baking 9. Note: Opt for tilapia farmed in Colombia/Indonesia (not China) to avoid poor farming practices 2.
- **Sardines/Mackerel:** Inexpensive, high in omega-3s, and great for salads or pasta 9.
- **Canned Tuna:** A pantry staple for sandwiches, salads, or casseroles. Light meat in water is typically the cheapest 49.
- **Whole Fish:** Buying whole (e.g., carp, catfish) is cheaper than fillets. Use bones for stock to minimize waste 9.

Avoid: Monkfish (weird texture), orange roughy (high mercury), and non-sushi-grade raw fish (safety risk) 29.

3. Cost-Saving Tips

- **Buy Frozen:** Frozen seafood retains nutrition at lower prices (e.g., frozen cod or shrimp) 9.
 - **Batch Cook:** Use discounted fish for stews, chowders, or curries to stretch meals 9.
 - **Offcuts/Irregular Pieces:** Ask fishmongers for cheaper "ugly" cuts perfect for pies or soups 9.
 - **Tinned Seafood:** Anchovies, sardines, or mussels in cans are affordable protein sources 9.
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4. Cheap Seafood Dishes by Region

For travelers or locals, these dishes maximize flavor on a budget:

- **Portugal:** Salted cod (*bacalhau*) dishes 6.
 - **Italy:** Fried seafood cones (*pesce fritto al cono*) for €2–5 6.
 - **Mexico:** Fish tacos with grilled or fried whitefish 6.
 - **South Africa:** Fish breyani (curry with local catch) 6.
-

5. Online and Store Deals

- **India:** Basa fillets (?275/500g) or rohu curry cuts (?195/500g) on BigBasket 4.
 - **Global:** Look for frozen Atlantic cod (\$12.99) or tilapia at retailers like Fulton Fish Market 5.
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Merged Segment (.review/organized/C/Countries With Cheapest Seafood.md)

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