

Basmati Rice (Tilda)

Pack Size: 1 X 5KG

Product Description:

All the delicious taste of original long grain but with improved holding and regeneration, plus all the nutrition is kept locked in. Great for use in stir fries or one-pot meals.

Brand: Tilda



Ingredient Declaration: 100% parboiled basmati rice

Allergens:

NOT APPLICABLE N/A

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE N/A

SUITABLE FOR Kosher, Vegetarians, Vegan

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	355 kcal / 1505 kJ
Fat	0.7 g
of which Saturates	0.2 g
Carbohydrate	78.6 g
of which Sugars	0.7 g
Fibre	1.2 g
Protein	7.9 g
Salt	0.01 g

Directions For Use:

Allow an average of 50g of dry rice per person. 1. Bring a large pan of water to the boil. 2. Stir in rice and return to a medium boil. Cook for 15-18 minutes, depending on your required texture. 3. Drain well, stand for 3 minutes and lightly fork through the grains before serving.

Storage Instructions:

Store under cool, ambient, pest free, conditions

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.