

# Basmati & Wild Rice (Tilda)

**Pack Size:** 1 X 4KG

## Product Description:

The best combination of the mysterious East and the Wild West - this blend of the finest fragrant Tilda Basmati and exotic Wild Rice creates a delicious combination to make a luxuriously different and visually appealing meal.

**Brand:** Tilda



**Ingredient Declaration:** 85% Parboiled Basmati Rice and 15% Scarified Wild Rice

## Allergens:

NOT APPLICABLE

N/A

## Additional Allergen Information:

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

## Diet Suitability:

NOT APPLICABLE N/A

**SUITABLE FOR** Kosher, Vegetarians, Vegan

## Nutritional Information:

Nutrient	per 100g/ml
<b>Energy (kJ/kcal)</b>	360 kcal / 1526 kJ
<b>Fat</b>	1 g
<b>of which Saturates</b>	0.3 g
<b>Carbohydrate</b>	78.9 g
<b>of which Sugars</b>	1.6 g
<b>Fibre</b>	1.5 g
<b>Protein</b>	8.1 g
<b>Salt</b>	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 20-25 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.