

ISHQ

Basmati Rice

1. Product name: ISHQ Basmati Rice

2. Product description: Long Grain Pusa Basmati Rice

3. Nutrition information: (per 100 g uncooked rice)

Energy (KJ / Kcal)	1481 / 353
Proteins (g)	8,33
Carbohydrates (g)	78,12
* of which Sugars (g)	<1
Fat (g)	0,89
* of which Saturates (g)	0,21
Salt (g)	0,01

4. Cooking instructions:

WITHOUT COVER

Fill a large pan with water. Bring to a boil, pour the rice and stir. Reduce the heat and let simmer for 10 minutes without cover. Drain in a sieve and rinse with boiling water before serving.

BRAISED

Take a pan with a thick bottom. Pour the rice in cold water (1 volume of rice + 1 ½ volumes of water). Bring to a boil. Stir and cover tightly. Let simmer for 10 minutes. Remove the pan from the heat and let it rest for 5 to 6 minutes before serving.

Allow:

50 g per person as side dish

60 g per person as main course

5. Product suitable for:

Ovo-lacto-Vegetarian

Lacto-vegetarian

Vegetarian

Vegan

Halal

Kosher

Diabetic

6. Allergens: The rice to be free of any known allergens.

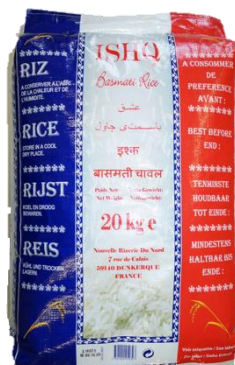
7. Sizes available: 5 KG, 10 KG, 20 KG, 1000 KG - STORE IN A COOL DRY PLACE



5 KG



10 KG



20 KG



1000 KG