



Rice Basmati Organic



Organic White Basmati Rice has a unique, slightly nutty flavour and is delightfully aromatic, with a firmer texture than most other varieties of white rice. This basmati is Certified Organic, has no added preservatives and is non GMO. A traditional Indian rice; Basmati is a flavoursome side dish with curries and particularly suits coconut flavours. White Basmati is a versatile medium-grain rice that cooks beautifully and can be used in savoury or sweet recipes. Steamed or boiled, Basmati rice remains separate and is light and fluffy when cooked.

How to Use:

To cook delicious, fluffy Basmati rice either steam, boil or use the reduction method. Saffron is delectable with Basmati and can be added to the pot at beginning of cooking process. Add rice to boiling water (1:3) and simmer for about 15 minutes, or until tender.

Remove from heat, and leave covered for a further 5 minutes before fluffing with a fork. For reduction, fill cold water about 1.5 cm above rice and simmer, covered, until water has evaporated, about 18 minutes. Let stand for further 5 minutes, fluff and serve.

Basmati is wonderful served with dhal, Thai or Indian curries and spicy bean dishes; or use it in paella and pilaffs. Once cooled, Basmati's separate grains make it ideal for salads or

fried rice. For a quick and delicious rice pudding for breakfast or dessert, simply re-heat Basmati in dairy or plant milk until creamy; with nutmeg, cinnamon and a dash of maple or coconut syrup. Serve as is, or with fresh berries, yoghurt or stewed fruit.

Ingredients:

Organic White Basmati Rice.

Preservative Free, Non GMO.

Allergens:

No Known Allergens. **This product may contain traces of Allergens.**

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended in warm climates.

Shelf Life:

Up to 18 months when stored as above. See Best Before date.

NUTRITION INFORMATION		
Serving size:		
100 g		
		Average Quantity Per 100 g Serve
Calories		366 kCal
Protein		366 g
Fat, total		9.1 g
– saturated		0.3 g
Carbohydrates		78.8 g
– sugars		<1.0 g
Sodium		2 mg

