

# THE CLEAN KILO

ZERO WASTE

SUPERMARKET



## ORGANIC WHITE ORZO PASTA

**£0.35/100G**

ORIGIN: ITALY

### Nutritional Information Typical values (per 100g)

Energy kcals 358

Energy kj 1519

Fat 1.2g

of which Saturates 0.3g

Carbohydrates 75g

of which sugars 3.3g

Fibre 2.6g

Protein 10.5g

Salt

INGREDIENTS: Durum Wheat Semolina, Water

STORAGE: Cool, dry and hygienic, away from direct light and odours.

COOKING INSTRUCTIONS: In a large saucepan bring 3 quarts lightly salted water to boiling. You do not need to add cooking oil to the pasta water; adding oil prevents sauces and seasonings from adhering to the orzo. Add 8 ounces (1-1/2 cups) dried orzo. Boil the orzo about 10 minutes or until it has a firm, chewy texture, stirring occasionally to prevent it from sticking together. Drain orzo in a colander. For the best flavor and texture, serve the orzo immediately after cooking. However, if your orzo gets done before the rest of the meal, you can keep it warm by returning the drained and cooked pasta to the warm cooking pan. Stir in a little butter or olive oil to prevent it from sticking together. Cover the pasta and let it stand no more than 15 minutes

SHELF LIFE: 24 months from production date. Please see dispenser for BBE date.

ORGANIC: Organic Certification The product meets EU Organic Standards 834/2007 and 889/2008 and meets the Soil Association Organic Standards.

ALLERGENS: Product itself contains wheat (gluten) - please read below.

ALLERGEN STATEMENT: Where products are indicated as not having an allergen present this refers to the product not being formulate or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

NOTE: The information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

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