

## Chef Williams Cous Cous - Information

Granular golden yellow product with bland odour. A precooked, dried pasta made with 100% durum wheat semolina.

**TFS Product Code:** 029518  
**Suppliers Product Code:**  
**Information Last Updated:** 08/01/2025  
**Date Produced:** 04/05/2026



### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	360.00
Energy (kJ)	1523.00
Protein (g)	15.00
Carb (g)	68.00
Of Which Sugars (g)	2.30
Fat (g)	2.00
Of Which Saturates (g)	0.30
Fibre (g)	4.50
Salt (g)	0.03

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Durum WHEAT Semolina.

## Handling Information

### Directions for Use

Pour 250ml (9fl oz) water into a saucepan. Add 1 x 5ml (1 tsp) of salt and 1 x 15ml (1 tbsp) of cooking oil and heat gently. Add 250g (9oz) of Cous Cous and stir. Cover and remove from the heat for 3 minutes or until the water is nearly absorbed. Add 2 - 3 knobs of butter and return to the heat. Cook gently for 3 - 4 minutes separating grains with a fork.

### Storage Instructions

Store in a cool, dry place, free from the risk of contamination and ingress of moisture.

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