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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: 11/11/2026



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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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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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