Thompsons Food Service Ltd. Nelsons Yard South Denes Road **Great Yarmouth** Norfolk NR30 3PR



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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:** 19/10/2025



## **Allergy Information**

Key: Contains













Sesame Gluten Crustaceans

Eggs

Lupin

Nuts













Milk

Celery Sulphur Dioxide

Soya

Cereal Peanuts

### **Nutritional Information**

100g or 100ml Serving Unit:

Energy (kcal) 360.00 Energy (kJ) 1523.00 Protein (q) 15.00 Carb (g) 68.00

Of Which Sugars (g) 2.30 Fat (q) 2.00

Of Which Saturates

0.30 (g) Fibre (q) 4.50 Salt (g) 0.03







Fish

Molluscs Mustard

# **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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