



Kilombero details

Kilombero rice is a highly aromatic and flavourful rice variety grown in the rich soils of Malawi. It is known for the unique taste and is often praised for its ethical production methods.

Kilombero rice is incredibly versatile and great for absorbing flavours from all kinds of food which makes it particularly ideal for risotto, paella, or just a simple rice dish and also Kilombero rice salads and can be used as an accompaniment to most dishes.

Kilombero rice has been hand-sown and harvested using traditional, eco-friendly techniques for decades in rich soils of Malawi which has guaranteed a high quality, fragrant rice and also supported sustainable farming practices. Kilombero rice is often highlighted for its role in providing a sustainable income for smallholder farmers in Malawi, helping them escape poverty and improve their living conditions. For every bag of this rice you buy really does change lives.

Start with the Best Ingredients - For those who won't compromise on quality, Kilombero gives you the confidence that you're starting with the Best Short grain Kilombero White Rice a pantry staple known for its consistent, loose & fluffy texture and low glycaemic index. It's perfect for everyday meals.



RECMS GROUP





Cooking Instructions

1

4 - 6 SERVINGS
250ml (1 cup) of Kilombero
Rice, uncooked
500ml (2 cups) water
3 - 5ml (½ - 1 teaspoon) salt

2

STOVETOP

Bring Kilombero Wholegrain Rice, water and salt to the boil. Reduce heat, cover and simmer for 35 - 40 minutes until all the water has been absorbed.

Firmer Grains | Delightful Aroma |
Naturally High in Energy | Naturally
High in Fibre | Naturally Cholesterol free

Pack Sizes: 500g, 1kg, 2kg, 5kg, 10kg



Nutritional Information

A naturally low in total fat and virtually free from saturated fat food

Typical nutritional information (cooked)

Serving Size 100 g	Per 100g	Per single serving	% NRV* (> 4 years)
Energy	464 kj	464 kj	
Protein	3.3 g	3.3 g	6
Carbohydrate	22 g	22 g	
of which total sugar	<1.0 g	<1.0 g	
Total fat	0.7 g	0.7 g	
of which saturated fat	0.1 g	0.1 g	
Dietary fibre #	1.4 g	1.4 g	
Total sodium	<1 mg	<1 mg	

Nutrient reference values (NRVs) for individuals 4 years and older.
Analysed by a SANAS and/or an ILAC recognised accredited laboratory.
#AOAC 985.29
Ready to eat when prepared according to instructions without salt.



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