

Ingredients

Product	Quantity
FAIRWAY EASY COOK LONG GRAIN RICE	600.00 g
Semi Skimmed Milk	2160.00 g
Caster Sugar	150.00 g
Vanilla Extract	3.00 g
Desiccated Coconut	100.00 g
Apricot Jam	430.00 g
Water (Hot)	50.00 g

Serves: 12

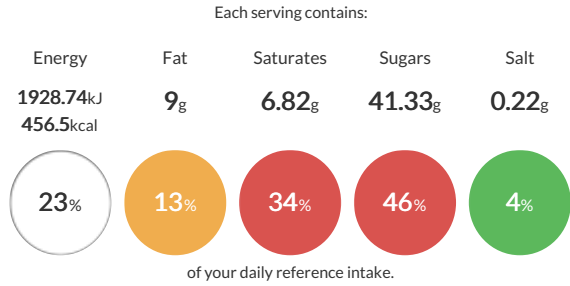
Allergy Information

Key: Contains May Contain

Dietary Information

Key: Suitable for

Reference Intake



Nutritional Summary

Energy	1928.74kJ 456.5kCal
Protein	10.73g
Carbohydrates	82.91g
of which sugars	41.33g
Non Milk Extrinsic Sugars	0g
Fat	9g
of which saturates	6.82g
Fibre	1.34g
Salt	0.22g
Sodium	0.07g
Iron	0.04mg
Calcium	212.4mg
Zinc	0.72mg
Folate	12.6µg
Vitamin A	27µg
Vitamin C	3.6mg

Method & Recipe Notes

1. Mix the milk, pudding rice, sugar, vanilla and desiccated coconut together in a mixing bowl. 2. Pour the rice mixture into the recommended serving vessel, cover with tin foil and bake at 170c for 40 minutes. 3. Remove pan from oven, remove tin foil and stir. 4. Place back in the oven at 170c for a further 10 minutes. 5. While the rice is baking bring the jam and water to the boil, whisk well and decant into the recommended serving vessel. 6. Once cooked remove from oven, rest for 3 minutes, portion into 12 and serve with apricot jam.

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