

Kheer Jewelled with Dried Fruit

Ingredients

- 1 cans NESTLÉ® full cream sweetened condensed milk
- 25 grammes Raisins, seeded
- 85 grammes Apricots, dried, sulfured, stewed, without added sugar
- 100 grammes Puddings, rice, ready-to-eat
- 3 grammes Spices, saffron
- 2 grammes Spices, cardamom
- 25 grammes Nuts, almonds
- 25 grammes Nuts, pistachio nuts, raw

Instructions

1. Soak the dried fruits in a little hot water, making sure that it covers them.
2. Place the rice in a pan with the rose water, saffron, cardamom and 600ml water, heat gently and bring to the boil. Simmer very gently for 20 minutes.
3. Add the dried fruits and soaking water. Pour the condensed milk into the pan and heat for a further 10 minutes, stirring continuously. Add the almonds and chopped pistachios and take off the heat. Serve warm, finished with chopped pistachio.

Nutrients

Les glucides	47.99
Énergie	300.96
Les graisses	9.62
Protéine	6.99

50 Minutes

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