

Who We Are?

Sadex Trading Ltd is an East African Company based in Mauritius and in Queensland, Australia. Our mission is to provide a duty of care to the maximum number of people by wholesaling staple food such as quality **rice, sugar, flour, milk and animal feed** at very affordable prices.



WHOLESALE & DISTRIBUTOR
Food Items and Others

www.sadextrading.com

At Sadex Trading, our team is dedicated to ensure that our customers have a high level of services and facilitation to buy the food they need for distribution. We focus our best to offer very affordable prices despite the challenges and high fluctuation in the maritime industry.

Special recipe with our Parboiled Rice?

Parboiled Rice is a perfect and forgiving rice, you cannot ruin the rice by overboiling it unlike other rice. It will not stick together or turn slopy if you under or over cook it.

Parboiled long-grain rice is **richer in nutrients** than the normal white rice. The way it is milled and steamed make it more rich in retaining essential nutrients that are transferred from the husk to the rice grains.

Compared to normal white rice, parboiled rice is higher in **protein**, essential vitamin B such as thiamine and niacin, calcium and potassium. It also has **more fibres** than white rice which make it a better choice for diabetic people and growing children, because it **prevent spikes** in sugar level and provide better nutritious elements.

It is much better than white rice and is indeed an **excellent choice** to make instead of the regular white rice.



Jollof Nigerian Rice recipe



PREPARATION

1. Add a spoon of tomato paste, and two tomatoes some cayenne pepper, a chopped onion and blend in a purée. Pour out half the purée into a bowl; set it aside.
2. Add some one bell chilli pepper to the purée remaining in the blender and pulse until smooth. Add to the mixture that was set aside and stir to combine.
3. Heat vegetable oil in a large pot over medium heat. Add blended vegetables along with the salt, curry powder, ground chile pepper, garlic powder, onion powder, bay leaves, ginger and thyme. Bring mixture to a boil and 1/2 cup of chicken stock.
4. Stir in the rice until well mixed, then reduce the heat to low.
5. Cover pot and let cook until rice is al dente, about 45 minutes. Check after 30 minutes; if rice is sauce-logged, remove the lid to cook off the excess sauce. If rice seems dry, stir in 1 to 2 cups water. Allow the rice at the bottom of the pot to char a bit to infuse it with a smoky flavour.