

Instant Food Product**ABSTRACT**

Disclosed herein is an instant food product containing puffed dried rice, which can be easily
5 cooked because the surface of water in a container can be seen during pouring of hot or cold water, and
therefore an appropriate amount of hot or cold water can be poured.

The instant food product is packed in a container; can be eaten simply by pouring hot water or
by pouring hot or cold water and heating in a microwave, and contains puffed dried rice that sinks in
water. The puffed dried rice used in the instant food product sinks in water, and therefore the surface of
10 water in the container can be seen. The puffed dried rice that sinks in water preferably has a bulk
specific gravity of 0.55 g/mL or more. The instant food product can be cooked without once taking out
the dried rice from the container before cooking.

No suitable figure