CLAIMS

1. An instant food product that is packed in a container and can be eaten by pouring cold or hot water into the container and heating in a microwave, the instant food product comprising: a container; and puffed dried rice that is contained in the container and sinks in water,

wherein the puffed dried rice has a bulk specific gravity of 0.55 g/mL or more but 0.7 g/mL or less and has a final moisture content of 5 mass% or more but 12 mass% or less.

2. The instant food product according to claim 1, wherein the puffed dried rice contained in the container is directly placed in the container.

3. The instant food product according to claim 1 or 2, which is eaten without draining hot or cold water poured before eating.

4. The instant food product according to any one of claims 1 to 3, wherein the puffed dried rice is obtained through pressing and flattening.

5. The instant food product according to any one of claims 1 to 3, wherein the puffed dried rice is prepared by adjusting a moisture content of boiled or steamed rice and then puffing and drying the rice at 130°C or higher but lower than 160°C.

~~6. The instant food product according to claim 4, wherein the puffed dried rice is prepared by adjusting a moisture content of boiled or steamed rice and then subjecting the rice to primary drying at 100°C or lower, then to pressing and flattening, and then to puffing and drying at 130°C or higher but lower than 160°C.~~