



**We love nature
and freshness**

Mirshadan food industries

Manufacturer of first-class food products

Get export products from Mirshadan



Phone: 01132053218

WhatsApp: 0098-939-166-5976

www.mirshadan.com

Mirshadan rice

Product introduction:

Rice is one of the main and most consumed food all over the world, especially in Asian and Middle Eastern countries. Mirshadan rice is prepared with the highest quality from fertile fields and carefully in the stages of cultivation, harvesting and packaging to bring the best taste and aroma to your table.

All these steps are done by Mirshadan company

Product features:

1. **Unique aroma and taste:** Mirshadan rice has a natural aroma and pleasant taste, which makes it the first choice for all kinds of food.
2. **Uniform and long grains:** After cooking, the rice grains remain fully stretched and uniform and give a beautiful effect to the food.
3. **Soft and well-cooked texture:** After cooking, this rice has a soft and light texture that is easy to separate and prevents it from sticking.
4. **Rich in nutrients:** Our rice is rich in healthy and energy-giving carbohydrates and is known as the main source of energy for the body.
5. **Cultivation with sustainable methods:** In the production process of this product, sustainable and environmentally friendly agricultural methods are used to guarantee product quality and help preserve the environment.

Cooking method:

1. Soak the rice in cold water for 30 minutes.
2. Boil the rice with the right amount of water until the grains are soft.
3. Empty the excess water and boil the rice for 20 minutes.
4. Your rice is ready to serve.

Suitable for:

- Cooking traditional Iranian dishes such as chelo, kate and pilaf
- Along with stew and kebab
- Preparation of various salads and desserts

Available weights:

- 350 gram packs
- 500 gram packages
- 900 gram packages
- 5 kg packages
- 10 kg packages
- 20 kg packages

Quality Assurance:

We have complete confidence in the quality of the rice offered and our rice undergoes rigorous quality tests. If for any reason you are not satisfied with the product, our support team is ready to help you.



Mirshadan Beans

Brand introduction:

Mirshadan Beans, with years of experience in providing high-quality agricultural products, has always tried to provide the best and healthiest products to Iranian families. All Mirshadan products are prepared from the best farms using the best cultivation and harvesting methods so that you can experience a unique, healthy and natural taste.

1. Lentils: Mirshadan's first-class lentils are suitable for preparing all kinds of soups, lentils and food due to their quick cooking and delicious taste. This product is rich in protein and fiber, which helps the health of the digestive system and strengthening the immune system.

various packages:

Mirshadan products are available in different packages for your different needs:

- 500 grams
- 1 kg
- 2 kg

2. Chiti Beans: Mirshadan Chiti Beans are used in all kinds of traditional and modern dishes due to their high quality and excellent cooking. In addition to its pleasant taste, this product is a rich source of iron, vitamins and minerals.

various packages:

Mirshadan products are available in different packages for your different needs:

- 500 grams
- 1 kg
- 2 kg

3. Chickpeas: Mirshadan chickpeas, with large and uniform seeds, are an ideal option for preparing dishes such as broth, falafel, and all kinds of stews. Being high in protein, peas are a good substitute for meat in vegetarian diets.

various packages:

Mirshadan products are available in different packages for your different needs:

- 500 grams
- 1 kg
- 2 kg



Mirshadan Beans



4. White beans: This product is suitable for use in all kinds of dishes and salads with its quick cooking and delicate taste. Mirshadan white beans, with high fiber content, help reduce cholesterol and improve heart health.

various packages:

Mirshadan products are available in different packages for your different needs:

- 500 grams
- 1 kg
- 2 kg



5. Red beans: Mirshadan red beans are one of the most popular types of beans in Iranian cooking. This bean, with its uniform cooking and pleasant taste, is suitable for preparing dishes such as vegetable soup and all kinds of foods.

various packages:

Mirshadan products are available in different packages for your different needs:

- 500 grams
- 1 kg
- 2 kg

Features of Mirshadan beans:

- **High quality and high purity:** Mirshadan beans are carefully and obsessively planted, harvested and packed, and reach you completely clean and without waste materials.
- **Preservative free:** Our products are packaged without the use of chemical preservatives, to provide you with the most natural taste and properties.
- **Rich source of nutrients:** Mirshadan beans are rich in vegetable proteins, fiber and various vitamins that provide your body's daily needs.
- **Easy and quick cooking:** Our beans are selected in such a way that after cooking, they maintain their soft and tasty texture and can be easily used in various dishes.

Suggested cooking:

To achieve the best result, soak the Mirshadan beans in water for at least 3-2 hours and then cook as desired.

Quality Assurance:

Mirshadan beans are subjected to strict quality control tests to ensure the health and authenticity of the product. Customer satisfaction is our first priority, and in case of any problem, our support team is ready to answer.

Energy Bar Mirshadan

Product introduction:

Mirshadan Energy Bar is a healthy, nutritious and delicious snack designed for people who are looking to boost their energy throughout the day. This product is prepared using natural and high-quality raw materials and is suitable for athletes, active people and those who are looking for a healthy and quick snack.

Features of Mirshadan's energy charge:

- 1. Natural and healthy ingredients:** Mirshadan energy bar is prepared from the best raw materials such as whole grains, nuts, dried fruits, honey and dark chocolate. No preservatives, artificial colors or processed sugars are used in this product.
- 2. Energy rich source:** Each energy bar contains ingredients that slowly and continuously inject energy into your body without feeling heavy or depleted.
- 3. HIGH PROTEIN AND FIBER:** Our energy bars are high in protein to aid in muscle building and recovery, as well as plenty of fiber to improve digestive function.
- 4. Variety of flavors:** Mirshadan energy bar is available in different flavors such as chocolate, peanut, date and coconut to suit different tastes.
- 5. Gluten-free (in some types):** Some of our energy bars are made gluten-free and are suitable for people with gluten sensitivity or people following gluten-free diets.
- 6. Suitable for everyone:** This product is suitable for people with different diets such as athletes, students, busy people and those looking for a quick source of energy.

Uses:

- **Before or after sports training:** Mirshadan energy bar is suitable as an excellent source for increasing energy before training and helping recovery afterwards.
- **Snack during the day:** When you feel tired during the day and need energy, a Mirshadan energy bar can be a healthy and nutritious alternative to unhealthy snacks.
- **On travel and outdoor activities:** Our energy bars fit easily in your bag and are an ideal snack for short or long trips, hiking and hiking.

Benefits of Mirshadan's energy consumption:

- **Strengthening energy:** Mirshadan's natural energy-rich compounds help you have stable and sufficient energy for daily activities and sports.
- **Help to maintain health:** By consuming this product, benefit from the nutrients and vitamins found in nuts and dried fruits and improve your overall health.
- **Maintaining a healthy weight:** Mirshadan's energy bar, with healthy nutrients and the right amount of calories, helps you maintain a balanced weight while receiving energy.

Mirshadan energy bars are produced and packaged under strict supervision to ensure the health and quality of the product. All our products do not contain artificial preservatives and are produced with the best natural ingredients.

Single packs for daily use

Multiple packages for weekly or subscription use

Combinations:

- Whole grains
- Natural honey
- Various nuts (almonds, hazelnuts, peanuts)
- Dry fruits (dates, raisins, apricots)
- Dark chocolate (in some flavors)
- Nutritious seeds (chia, flax)

Energy MIRSHADAN

Mirshadan dry fruit

Product introduction:

Mirshadan dried fruit is a collection of the best and highest quality dried fruits and nuts, which are carefully prepared from high-quality gardens and are offered in a completely natural and healthy way. Mirshadan dried fruit is prepared with the aim of preserving the nutritional value and providing a delicious taste to your tables, and is suitable as a useful and nutritious snack for all family members.



1. Almonds: Mirshadan's fresh and crunchy almonds are an excellent source of nutrients, vitamin E, and fiber that support heart, skin, and hair health. Almonds are available raw or roasted without additives.

Available packages:

- 250 gram packages
- 500 gram packages
- Packages of 1 building

Uses:

- As a healthy snack during the day
- Use with alcohol, salad and breakfast cereals
- Use in cooking and preparing desserts and sweets



2. Pistachios: Mirshadan's Laughing Pistachios, with their excellent taste and beautiful appearance, are an ideal choice for your daily snacks and gatherings. Posts are rich in antioxidants, health and minerals.

Available packages:

- 250 gram packages
- 500 gram packages
- Packages of 1 building

Uses:

- As a healthy snack during the day
- Use with alcohol, salad and breakfast cereals
- Use in cooking and preparing desserts and sweets



3. Walnuts: Mirshadan's first-class walnuts are one of the best sources of nutrients for brain and heart health, with useful treatments and omega-3 fatty acids. This product is supplied naturally without any additives.

Available packages:

- 250 gram packages
- 500 gram packages
- Packages of 1 building

Uses:

- As a healthy snack during the day
- Use with alcohol, salad and breakfast cereals
- Use in cooking and preparing desserts and sweets



Mirshadan dry fruit

4. Raisin: Mirshadan raisin with a sweet and natural taste is a nutritious snack full of energy. This product contains potassium and antioxidants and is suitable for strengthening the immune system.



Available packages:

- 250 gram packages
- 500 gram packages
- Packages of 1 building

Uses:

- As a healthy snack during the day
- Use with alcohol, salad and breakfast cereals
- Use in cooking and preparing desserts and sweets

5. Dates: Mirshadan's high-quality dates are a rich source of fiber, vitamins and minerals, which, as a natural and healthy sweetener, will consume your energy throughout the day.



Available packages:

- 250 gram packages
- 500 gram packages
- Packages of 1 building

Uses:

- As a healthy snack during the day
- Use with alcohol, salad and breakfast cereals
- Use in cooking and preparing desserts and sweets

6. Hazelnuts: Mirshadan's delicious and nutritious hazelnuts are one of the most useful nuts for skin, hair and digestive system due to their vitamin E, strengthening and fiber content.



Available packages:

- 250 gram packages
- 500 gram packages
- Packages of 1 building

Uses:

- As a healthy snack during the day
- Use with alcohol, salad and breakfast cereals
- Use in cooking and preparing desserts and sweets

Mirshadan dry fruit

7. Dried Apricots: Mirshadan dried apricots with a natural color and a pleasant taste are a rich source of vitamin A, fiber and antioxidants that help to strengthen vision and maintain skin health.



Available packages:

- 250 gram packages
- 500 gram packages
- Packages of 1 building

Uses:

- As a healthy snack during the day
- Use with alcohol, salad and breakfast cereals
- Use in cooking and preparing desserts and sweets

Benefits of consuming Mirshadan dried fruit:

- Strengthening the immune system: Regular consumption of dried fruit helps to strengthen the immune system due to the presence of vitamins and antioxidants.
- Prevention of heart diseases: Nuts such as almonds and walnuts help heart health and treatment due to their useful treatments.
- Energy: Dried fruit is an excellent source of natural and sustainable energy that can keep you fresh throughout the day.
- Helping skin and hair health: Vitamins and nutrients in dried fruit help to improve the quality of skin and hair.

Features of Mirshadan dried fruit:

1. Premium quality: Mirshadan dried fruits are produced from the best and highest quality products and are carefully processed and packaged to preserve their taste and nutritional value.
2. No Additives and Preservatives: All our products are made naturally without the use of chemicals or artificial preservatives, so you can safely be sure of their health.
3. Rich in nutrients: Mirshadan dried fruit is a rich source of nutrients, fiber, vitamins and minerals that the body needs for general health. As a healthy and energizing snack, these products can help improve physical and mental performance.
4. Hygienic packaging: All Mirshadan products are supplied in modern and hygienic packaging, which preserves the new product and taste until it is consumed.

Quality Assurance:

Mirshadan dried fruit is prepared and packaged with the highest quality standards. We guarantee the quality and new products, and in case of dissatisfaction, we are ready to respond and replace the product.

Mirshadan tea

Product introduction:

Mirshadan tea by choosing the best tea leaves from lush and fertile gardens, gives you an authentic taste and a pleasant aroma.

Mirshadan tea is processed using traditional and modern methods to maintain the quality, color and natural aroma of tea in each cup. This tea is ideal for those moments when you want to relax and enjoy a hot drink.

Types of Mirshadan tea:

1. Traditional black tea:

Mirshadan black tea with traditional processing and use of first-class tea leaves has a beautiful red color and a mild and deep taste. This tea is suitable for people who are looking for a classic and original tea.

2. Green tea:

Mirshadan green tea with a mild taste and rich in antioxidants is an ideal option for people who are looking to maintain health and lose weight. Our green tea is carefully prepared without harmful additives.

3. Aromatic black tea:

Mirshadan's aromatic tea brings you a different experience of aroma and taste with the combination of first-class black tea and natural essences such as cardamom, cinnamon and rose. This tea is suitable for people who like aromatic drinks.

4. White tea:

Mirshadan white tea is one of the rarest and most delicate types of tea. This tea with high antioxidant properties and mild taste is an excellent option for people who are looking for a special and healthy drink.

5. Organic tea:

Mirshadan organic tea is prepared using the best sustainable farming methods, without the use of chemical fertilizers or poisons. This tea with its natural flavor and aroma is a healthy choice for tea lovers.



Characteristics of Mirshadan tea:

1. **Premium Quality:** Mirshadan tea leaves are carefully selected from the best tea gardens and the production process is carried out with the highest quality standards to provide you with a natural and authentic taste.

2. **Without artificial additives:** Mirshadan tea does not contain any artificial colors and flavors. You can be sure of the naturalness of the product and enjoy the pure taste of tea.

3. **Pleasant color and taste:** Every time you brew Mirshadan tea, its beautiful color and unique taste invite you to a real tea drinking experience.

4. **Natural aroma:** In Mirshadan aromatic teas, natural essential oils and traditional aromatic substances are used, which in addition to enhancing the taste, gives a pleasant aroma to the tea.

Mirshadan tea

Properties of Mirshadan tea:

- **Strengthening the immune system:** Mirshadan black and green tea are rich in antioxidants and polyphenols that help strengthen the immune system.
- **Improving cardiovascular function:** Regular consumption of Mirshadan tea helps to improve heart health and reduce cholesterol.
- **Increasing energy and alertness:** The caffeine in black tea helps increase energy and concentration and reduces fatigue.
- **Weight loss and fat burning:** Mirshadan green tea can help to lose weight and body metabolism due to its fat burning properties.



How to brew tea:

1. Boil the water and let it cool a little (for green and white tea, it is better to have the water a little lower than the boiling point).
2. For each cup, pour one teaspoon of Mirshadan tea into the teapot or cup.
3. Add hot water to the tea and let it brew for 3 to 5 minutes.
4. Strain the tea and serve with sugar, honey or lemon.

Available packages:

- Bulk tea: 250 gram, 500 gram and 1 kg packages
- Bag tea: boxes of 20 and 40

Quality Assurance:

Mirshadan tea is produced and packaged using strict quality control standards. We guarantee the quality and original taste of our products and in case of dissatisfaction, we are ready to exchange or refund the product.