



RECIPE IDEA

SERVES 10

THAT'S
REAL-LIFE
JACKFRUIT



JACKFRUIT Boeuf Bourguignon

Using Pouched Naked Jackfruit from
The Jackfruit Company

NUTRITIONAL BENEFITS:

(POUCH ONLY)

- High in Fibre
- Soy-Free
- Gluten-Free
- Non-GMO Project Verified
- Organic Jackfruit
- Nut and Dairy-Free
- Sustainably Sourced
- Low in Calories
- Zero Cholesterol
- No Preservatives



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INSTRUCTIONS

Heat the oil in a pan then fry off the lardons until lightly coloured and cooked, before removing from the oil and setting aside.

Add the onions and garlic to the pan, along with the thyme and cook without colour for 2-3 minutes.

Add the mushrooms and cook for 2 minutes, then add the tomato puree and cook for a further 1 minute.

Add the red wine and bring to a simmer, then add the jackfruit, herbs and stock and bring to a simmer, simmering for 30 minutes.

Combine the flour with water to make a batter then mix into sauce so that it thickens. Finish with chopped parsley and mashed potato.

For even better results: leave to cool, marinade overnight, and reheat next day.

INGREDIENTS - filling

	Amount required
TJC Naked Jackfruit Pouch	1 x 865g pouch
Smokey bacon lardons	300g
Onion – chopped	300g
Garlic – minced	15g
Red wine	200ml
Beef stock cube	1200ml
Tomato puree	60g
Bay leaf	1
Rosemary	4g
Thyme	4g
Parsley	20g
Mushrooms	400g
AP flour	60g

Nutrition Information (Pouch only)

Typical Values	Per 100g
Energy	222kJ/53kcal
Fat	0g
of which are saturates	0g
Carbohydrates	9.5g
of which are sugars	0g
Fibre	9.5g
Protein	2.4g
Salt	0g

INGREDIENTS - serving

Parsley	10g
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JACKFRUIT POUCH v TIN



Per 100g	
ENERGY	222kJ
FAT	0g
FIBRE	9.5g
PROTEIN	2.4g

Per 100g	
ENERGY	75.6kJ
FAT	0g
FIBRE	3.6g
PROTEIN	0.7g



3x MORE FIBRE