

RECIPE IDEA

SERVES 10



THAT'S  
REAL-LIFE  
JACKFRUIT

# JACKFRUIT Beef Stew

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



# JACKFRUIT Beef Stew

Using Pouched Naked Jackfruit from  
The Jackfruit Company

## INSTRUCTIONS

Heat the oil in a pan, sauteing the onions and carrot with the thyme without colour for 2-3 minutes.

Add the lardons and diced potatoes and cook for 2-3 minutes.

Add the red wine, bay leaf and stock and simmer for 10 minutes.

Add the pumpkin and jackfruit and simmer until the potatoes and pumpkin have softened, then combine the flour with a small amount of water before stirring into the sauce to thicken.

Serve with some crusty bread or use as a filling for a shortcrust pastry pie or suet pudding.

For best results, leave the stew to marinate overnight, then reheat and serve next day.

## INGREDIENTS - filling

	Amount required
TJC Naked Jackfruit Pouch	1 x 865g pouch
Veg oil/S&P	50ml
Onion – diced	200g
Carrot - diced	200g
Pumpkin/squash – diced	300g
Lardons – optional	300g
Stock – beef or veg	1200ml
Red wine	200ml
Peeled potatoes – diced	1.2kg
Fresh thyme	4g
Bay leaf	1g
AP flour	60g

## Nutrition Information (Pouch only)

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

## INGREDIENTS - serving

Parsley	
---------	--

## 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