

RECIPE IDEA
SERVES 10



THAT'S
REAL-LIFE
JACKFRUIT

JACKFRUIT Burritos

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 Burritos

Using Pouched Naked Jackfruit from The Jackfruit Company



INSTRUCTIONS

Fry jackfruit in a little oil to brown, as per pack instructions. Set aside.

Fry onions to soften.

Add spices and garlic to pan. Fry 2-3 mins. Low/medium heat.

Add paste and puree. Fry for 2 mins.

Add stock cube and tomatoes. Add jackfruit. Season to taste.

Simmer 2 mins.

Allow to cool.

Marinate in fridge overnight.

Next day Add lime juice, black/kidney beans, peppers, spring onions, and re-heat.

Warm wraps in oven.

Assemble.

Serve with avocado and salsa (optional).

INGREDIENTS - filling

TJC Naked Jackfruit Pouch	Amount required
1 x 865g pouch	
Veg oil/S&P	40ml
Ground cumin	3g
Sweet smoked paprika	5g
Chipotle chilli powder	4g
Onion – sliced	300g
Bell Pepper – sliced	200g
Tomato puree	40g
Tinned chopped tomatoes	1kg
Stock cube – beef, chicken or veg	2 ea
Garlic – minced	20g
Black beans or kidney beans	500g
Lime juice	40ml

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

Tortilla wrap	10 wraps
Cheddar cheese	250g
Sour cream or Greek yoghurt	300g
Spring onion – sliced	50g
Lime zest	10g
Rice	200g
Lettuce	100g
Avocado (optional)	200g
Hot salsa (optional)	200g

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



50% WATER!