

RECIPE IDEA

SERVES 10



THAT'S  
REAL-LIFE  
JACKFRUIT

# JACKFRUIT Chicken 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



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## INSTRUCTIONS

Heat the oil in a pan, sautéing the onions, leek, mushrooms, lardons, carrots and celery for 4-5 minutes without colour.

Add the herbs, the white wine and the stock and bring to the boil. Once simmering, add the potatoes, jackfruit and the squash and simmer until the potatoes have softened - approximately 30 minutes.

Combine flour and a small amount of water to form a batter, and stir into the simmering sauce to thicken it. Finish with chopped parsley.

For even better results: allow to cool, marinate overnight, and reheat next day.

## INGREDIENTS - filling

TJC Naked Jackfruit Pouch	Amount required
1 x 865g pouch	
Veg oil/S&P	50ml
White onion – diced	300g
Carrot – diced	300g
Celery – diced	200g
Mushrooms – chopped	400g
Pumpkin/squash – diced	600g
Lardons – optional	200g
Leeks – sliced	240g
Stock – chicken	1200g
Stock – veg	1200g
White wine – optional	80ml
Peeled potatoes – diced	600g
Thyme	3g
Parsley	20g
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	10g
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## JACKFRUIT POUCH v TIN



NO  
ADDED  
WATER

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



50%  
WATER!

3x MORE FIBRE