

RECIPE IDEA

SERVES 24



THAT'S
REAL-LIFE
JACKFRUIT

JACKFRUIT Coronation 'Chicken' Sandwich

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

In a bowl, mix the spices, mayonnaise, chutney, apricots or sultanas, and almonds.

Break the jackfruit into smaller pieces and fold through the mayonnaise mix. Leave to marinate overnight.

To serve, spread the mixture on one side of the buttered bread, add shredded lettuce, then place the other slices on top to form a sandwich. Cut according to the preferred style.

INGREDIENTS - filling

	Amount required
TJC Naked Jackfruit Pouch	1 x 865g pouch
Mayonnaise	450g
Medium Curry Powder	6g
Turmeric	4g
Mango Chutney	160g
Chopped dried apricots or sultanas	300g
Slivered almonds	30g
Lettuce	500g
Sliced bread	48

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

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