

RECIPE IDEA  
SERVES 10



THAT'S  
REAL-LIFE  
JACKFRUIT

# JACKFRUIT Fajitas

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 Fajitas

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## INSTRUCTIONS

Fry jackfruit in oil, as per pack instructions.

Set aside.

Fry onions to soften.

Add fajita seasoning and peppers.

Fry 2 mins. Low/medium heat

Add jackfruit, ensuring all the fruit is coated with seasoning.

Season to taste.

Allow to cool.

Marinate in fridge overnight

**Next day** Reheat with lime juice.

Assemble - serve with salsa etc.

## INGREDIENTS - filling

	Amount required
TJC Naked Jackfruit Pouch	1 x 865g pouch
Veg oil/S&P	40ml
Fajita seasoning	60g
Red onion – sliced	400g
Bell peppers – sliced	300g
Lime juice	40ml

## INGREDIENTS - serving

Tortilla wraps	10
Tomato salsa	300g
Guacamole	300g
Sour cream or Greek yoghurt	300g
Cheddar – grated	300g

## 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

## 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

NO  
ADDED  
WATER



3x MORE FIBRE



50%  
WATER!