

RECIPE IDEA
SERVES 12



THAT'S
REAL-LIFE
JACKFRUIT

JACKFRUIT Lasagne

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

Fry onions, carrot and celery to soften.
Add garlic to pan and fry for 1 min - low/medium heat.
Add puree. Fry for 2 mins.
Add wine to de-glaze pan.
Add stock cube, tomatoes, rosemary, thyme and oregano.
Simmer 2 mins.
Add jackfruit, breaking up any large chunks.
Season to taste.
Allow to cool.
Marinate in fridge overnight.

Next day Layer dish with lasagne sheets and bechamel sauce.
Top with final layer of bechamel, mozzarella, parmesan and cheddar.
Bake in oven and serve.

INGREDIENTS - filling

TJC Naked Jackfruit Pouch	Amount required 1 x 865g pouch
Veg oil/S&P	40ml
Onion – chopped	300g
Garlic – minced	30g
Carrot – chopped	200g
Celery – chopped	180g
Tomato puree	50g
Tinned chopped tomatoes	1kg
Red wine	200ml
Rosemary	3g
Thyme	2g
Oregano	2g
Stock cube – beef or veg	2
Mozzarella	100g
Parmesan	80g
Cheddar	100g
Lasagne sheets	24ea
Bechamel sauce	1kg

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



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