

RECIPE IDEA

SERVES 10



THAT'S
REAL-LIFE
JACKFRUIT

JACKFRUIT Malaysian 'Beef' Curry

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



INSTRUCTIONS

Heat the oil in a pan then saute the chopped onions, garlic, and ginger, and cook for 4- 5 mins without colour.

Add the spices and cook for a further 1 minute, then add the tomato puree and cook for a further 2 minutes.

Add the tinned tomatoes, beef stock and coconut milk, and bring to a boil before simmering for 20 minutes.

Add the jackfruit and allow to warm through, stir in the lime juice, season and add chopped coriander

For best results, leave the stew to marinate overnight, then reheat and serve next day.

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INGREDIENTS - filling

TJC Naked Jackfruit Pouch	Amount required
	1 x 865g pouch
Veg oil	50ml
Onion, sliced	300g
Ginger, chopped	20g
Garlic, crushed	20g
Medium Curry Powder	8g
Turmeric	3g
Cumin	3g
Garam Masala	3g
Cinnamon Stick	1ea
Star Anise	3ea
Beef Stock	1200ml
Fresh Tomato - chopped	200g
Tinned tomatoes	600g
Tomato Puree	60g
Coconut Milk	600ml
Squeeze of lime juice	30ml
Fresh Coriander	20g

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		Per 100g	
ENERGY	222kJ	ENERGY	75.6kJ
FAT	0g	FAT	0g
FIBRE	9.5g	FIBRE	3.6g
PROTEIN	2.4g	PROTEIN	0.7g

NO
ADDED
WATER



3x MORE FIBRE



50%
WATER!