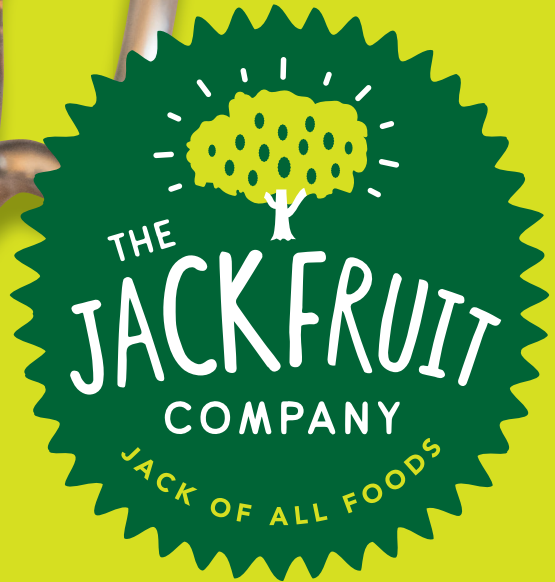


RECIPE IDEA

SERVES 10



THAT'S
REAL-LIFE
JACKFRUIT

JACKFRUIT Pasta Bake

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 Pasta Bake

Using Pouched Naked Jackfruit from The Jackfruit Company

INSTRUCTIONS

In a pan, fry the onions, garlic and leeks for 3 to 4 minutes without colour. Add the mushrooms and jackfruit, breaking up any large chunks into shreds, and cook for a further 3-4 minutes.

Add mustard, stock and cream and bring to a simmer, simmering for 20 minutes. Blend the flour and water to make a batter, then stir into the sauce and thicken.

Cook the pasta in boiling salted water until 3/4 cooked, then remove cool and drain.

Mix sauce with pasta and place into a dish.

Grate the lemon zest and mix with the panko, chopped parsley and grated cheese, then sprinkle over the pasta and bake for 30mins at 180c.

INGREDIENTS - filling

	Amount required
TJC Naked Jackfruit Pouch	1 x 865g pouch
Veg oil/S&P	40ml
White onion	200g
Garlic – minced	15g
Leeks chopped	200g
Mushrooms – chopped	500g
Tarragon chopped	10g
Whole grain mustard	30g
Nutritional yeast flakes	20g
Vegan grated cheese	200g
Plain flour	20g
Alpro soya single cream	500g
Vegetable stock	1000ml
Panko breadcrumbs	100g
Fresh parsley	20g
Lemons	2
Pasta (fusilli, pappardelle, penne etc)	600g

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!