

RECIPE IDEA

SERVES 10



THAT'S
REAL-LIFE
JACKFRUIT

JACKFRUIT Pork Stew

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

Heat the oil in a pan, then sauté the lardons for 2 -3 minutes before removing from the oil and setting them aside.

Fry the onions, carrots and celery for 2-3 mins.

Add the Dijon, apple juice and vinegar to the pan and bring to a simmer.

Add the stock cubes and water and return to a simmer.

Add the parsnip and squash and cook until tender.

Add the jackfruit, lardons and apple, then thicken the sauce with flour.

To serve, warm through then stir in some crème fraiche, chopped herbs and smoked paprika .

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

INGREDIENTS - filling

	Amount required
TJC Naked Jackfruit Pouch	1 x 865g pouch
Veg oil/S&P	50ml
Onion - chopped	300g
Celery - chopped	160g
Carrot - chopped	200g
Lardons	200g
Parsnip - diced	210g
Pumpkin/squash – cored & diced	450g
Apple – Braeburn, diced	150g
Fresh Sage	3g
Fresh Parsley	20g
Dijon mustard	30g
Apple juice or cider	200ml
Cider vinegar	30ml
AP flour	50g
Veg stock cube	2 ea
Water	1200ml

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

INGREDIENTS - serving

Crème fraiche	as required
Smoked paprika	4g

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!