

RECIPE IDEAE

SERVES 10

THE  
JACKFRUIT  
COMPANY

JACK OF ALL FOODS

THAT'S  
REAL-LIFE  
JACKFRUIT

# JACKFRUIT Shepherd's Pie

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 Shepherd's Pie

Using Pouched Naked Jackfruit from  
The Jackfruit Company



## INSTRUCTIONS

Heat the oil in pan then saute the chopped onions, carrots, celery for 4- 5 mins without colour.

Add the tomato puree and cook for a further 2 minutes before adding the stock, worcestershire sauce and mint sauce. Bring to a simmer,

Add the jackfruit and allow to simmer again, reducing slightly. Once simmered for around 20 mins, add the peas and remove from the heat.

Allow to cool before leaving to marinate overnight.

Next day, warm the milk and butter in a pan, add the potatoes, then mash. Add seasoning before spooning the mix into a piping bag.

Spoon the jackfruit pie mix into a dish then pipe the mash on top. Bake in the oven at 180c for 25-30 mins until coloured nicely

## 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

## INGREDIENTS - filling

	Amount required
TJC Naked Jackfruit Pouch	1 x 865g pouch
Veg oil	40ml
Carrots - diced	200g
Celery - diced	120g
Onion - diced	300g
Lamb stock	1200ml
Frozen peas	80g
Tomato puree	40g
Mint Sauce	20g
Worcestershire Sauce – dash	10ml
Mashed Potato	1.4kg
Unsalted butter	100g
Milk	50ml
Salt	10g
Pepper	3g

## 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!