

RECIPE IDEA

SERVES 10



THAT'S  
REAL-LIFE  
JACKFRUIT

# JACKFRUIT Sloppy Joes

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 then saute the chopped onions, garlic and cook for 4- 5 mins without colour.

Add the spices and cook for a further minute, then add the apple juice and ketchup. Bring to a simmer and reduce.

Add the jackfruit and break up into smaller pieces. Simmer until a ragu style chunky sauce is achieved.

Leave to cool.

Marinate overnight.

For the slaw - combine the julienne carrot, shredded red cabbage, kale and the sliced spring onions, then add in the mayonaise and the orange juice and combine together.

For the wedges - cut the potatoes into 1/8 sizes pieces with the skin on, coat in oil and any seasoning, then cook at 180c for 25-30 minutes.

**Next day** Re-heat and serve with buns, wedges and slaw



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## INGREDIENTS - filling

TJC Naked Jackfruit Pouch	Amount required
1 x 865g pouch	
Malt vinegar	60g
Demerara sugar	60g
Tomato ketchup	100g
Apple juice	200ml
Sweet smoked paprika	4g
Chipotle chilli powder	2g
Oregano	2g
Veg oil/S&P	40ml
Onion – chopped	200g
Garlic – minced	20g
Carrot – julienne	150g
Red cabbage shredded	150g
Kale - shredded	150g
Spring onions - sliced	100g
Vegan mayo	200g
Orange zest and juice	40ml
Potatoes	1.5kg
Sliced vegan cheddar	10 slices

## 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 - serving

Brioche buns	10ea
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## 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!