



Product Spotlight: Jackfruit

Jackfruit is a large, green fruit with tough knobby skin and yellow segmented flesh. It is naturally sweet, and young jackfruit is used as a vegetable in cooking in some parts of Asia.



Pulled Jackfruit with Slaw and Pickled Cucumber

Toasted flatbreads from Perth locals The Gluten-Free Lab, topped with Mexican-style pulled jackfruit, coleslaw and lightly pickled cucumbers served alongside charred corn cobs.



30 minutes



4 servings



Plant-Based

20 January 2023

Change it up!

Replace the flatbreads with soft tortillas or crunchy taco shells. Remove corn kernels from cobs and mix them into the jackfruit. Keep the cucumber fresh or dice and add to the coleslaw.

Per serve: **PROTEIN** 17g **TOTAL FAT** 5g **CARBOHYDRATES** 70g

FROM YOUR BOX

LEBANESE CUCUMBERS	2
CORN COBS	2
COLESLAW	1 bag
BROWN ONION	1
TOMATO PASTE	1 sachet
TINNED JACKFRUIT	400g
TINNED BEANS	400g
FLATBREADS (GF)	2
JALAPEÑO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin, vinegar (of choice), sugar

KEY UTENSILS

griddle pan or frypan, large frypan

NOTES

Add some chilli flakes to the pickled cucumbers or the to the jackfruit if you like some heat.

Toast the flatbreads in the toaster, sandwich press, in a frypan or in the oven.



1. PICKLE THE CUCUMBERS

Set oven to 200°C (optional for step 5, see notes).

In a non-metallic bowl whisk together **3 tbsp vinegar**, **3 tsp sugar** (see notes) and **1 tsp salt**. Slice cucumbers and toss in pickle mixture. Set aside.



2. PREPARE CORN & COLESLAW

Heat a griddle pan or frypan over medium-high heat. Rub corn with **oil**, **salt** and **pepper**. Cook for 8-10 minutes, turning, until lightly charred.

In a large bowl whisk together **1 tbsp vinegar** and **1-2 tbsp olive oil** (optional). Add coleslaw and toss well.



3. COOK THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add onion, cook for 3-4 minutes until softened. Add **3 tsp smoked paprika**, **2 tsp cumin**, **1/2 cup water** and tomato paste. Cook for 3 minutes.



4. ADD THE JACKFRUIT

Drain jackfruit and pull apart with your hands. Add to pan along with beans (including liquid). Simmer for 5-10 minutes or until thickened. Season to taste with **salt and pepper**.



5. TOAST THE FLATBREADS

Halve flatbreads and rub with a little **oil**. Toast using your preferred method.



6. FINISH AND SERVE

Slice jalapeño and halve corn cobs.

Serve jackfruit over toasted flatbreads. Add coleslaw, pickled cucumbers and jalapeño. Serve corn on the side.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

