



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 Coleslaw

Toasted flatbreads from Perth locals The Gluten-Free Lab, topped with Mexican-style pulled jackfruit, jalapeño and coriander. Served alongside wedges and coleslaw.



30 minutes



2 servings



Plant-Based

Make tacos!

Serve the jackfruit mix and coleslaw in soft tortillas or crunchy taco shells and with a side of wedges.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	23g	152g

FROM YOUR BOX

MEDIUM POTATOES	3
JALAPEÑO	1
CORIANDER	1 packet
COLESLAW	1 bag (250g)
VEGAN MAYONNAISE	100g
BROWN ONION	1
TOMATO PASTE	1 sachet
TINNED JACKFRUIT	400g
TINNED KIDNEY BEANS	400g
FLATBREAD (GF)	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

oven tray x 2, large frypan

NOTES

Toast the flatbreads in the toaster, sandwich press or on the barbecue if you prefer.



1. ROAST THE POTATOES

Set oven to 220°C.

Cut potatoes into wedges or chips. Toss with **oil, salt and pepper** on a lined oven tray. Roast for 25 minutes or until golden and tender.



2. PREPARE THE TOPPINGS

Finely chop jalapeño and coriander. Combine in a small bowl.

Toss coleslaw in a bowl with mayonnaise. Set aside in the fridge until serving.



3. COOK THE ONION

Heat a large frypan with **oil** over medium-high heat. Slice and add onion and cook for 3-4 minutes until softened. Add **1 tbsp smoked paprika, 1/2 tbsp cumin, 1/2 cup water** and tomato paste. Cook for 5 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 reduced. Season to taste with **salt and pepper**.



5. TOAST THE FLATBREADS

Meanwhile, halve and rub flatbreads with a little **oil**. Toast in the oven for 4-5 minutes or until golden (see notes).



6. FINISH AND SERVE

Serve jackfruit over toasted flatbreads with a side of coleslaw and wedges. Top with coriander and jalapeño.



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