



**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.



Peking Rice Bowl

Shredded Peking style jackfruit with a sweet and sticky hoisin sauce, served on sushi rice with a crisp apple salsa and toasted seeds.



35 minutes



Plant-Based



4/6 servings

Jazz it up!

You can add some sliced tofu, tempeh or edamame beans for extra protein. Enoki or sliced shiitake mushrooms can also be added to the jackfruit for extra bulk. Serve with some sweet chilli or plum sauce on the side for sweetness!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	9g	4g	88g/84g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
TINNED JACKFRUIT	2 x 400g	2 x 400g
RED ONION	1	2
GREEN APPLE	1	2
LEBANESE CUCUMBERS	2	2
CHIVES	1 bunch	1 bunch
SUNFLOWER/SESAME SEEDS	60g	60g
HOISIN SAUCE	100ml	100ml + 50ml

FROM YOUR PANTRY

oil for cooking, soy sauce, pepper, Chinese five spice, apple cider vinegar, sugar (of choice)

KEY UTENSILS

small frypan, saucepan, oven tray

NOTES

Use sesame oil if you have some for extra fragrance.

If you don't have Chinese Five Spice you can use a blend of ground cloves, cinnamon, ginger and fennel seeds.

Season the jackfruit with an extra 1-2 tsp sugar if you prefer it sweeter.

Protein Upsize: Add an extra 1 tsp Chinese five spice, 1 tbsp soy sauce and 1/2 tbsp sugar to jackfruit.



1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan, cover with **650ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.

6P - use 975ml water for the rice.



4. TOAST THE SEEDS

Add **sunflower and sesame seeds** to a dry frypan and toast for 2-3 minutes until golden. Take off heat.



2. ROAST THE JACKFRUIT

Drain and rinse **jackfruit**, pat dry. Use fingers to tear apart and shred. Slice **3/4 onion**. Toss with jackfruit on a lined oven tray with **2 tbsp oil** and **2 tsp Chinese five spice** (see notes). Roast for 15 minutes.

6P - slice 1 1/2 onions and use 3 tsp Chinese five spice to season the jackfruit and onion.



5. ADD SAUCE

Toss with **jackfruit** on oven tray with **1 tbsp soy sauce**, **1 tbsp sugar** and **hoisin sauce** until well coated. Return to oven for 5 minutes until slightly crispy (see notes).

6P - use 1 1/2 tbsp soy sauce and 1 1/2 tbsp sugar.



3. PREPARE THE TOPPINGS

Meanwhile, thinly slice remaining **1/4 red onion** and toss with **2 tsp apple cider vinegar**.

Finely dice **apple** and **cucumbers**. Slice **chives** (use to taste).

6P - slice remaining 1/2 red onion and toss with 1 tbsp apple cider vinegar.



6. FINISH AND SERVE

Divide **rice, jackfruit** and **toppings** among bowls. Garnish with **seeds**.

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