



### Product Spotlight: Desiccated Coconut


Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



## 1 Coconut Jackfruit Cakes with Pickled Vegetables

Jackfruit cakes crumbed in desiccated coconut, served with lime pickled vegetables and crispy rice paper rounds.

 30 minutes

 2 servings

 Plant-Based

1 October 2021

### Speed it up!

*If you want to speed up this recipe, skip making the jackfruit cakes. Simply drain and pat dry the jackfruit. Add to a frypan with the coconut and cook for 2-3 minutes.*

Per serve: **PROTEIN** 12g **TOTAL FAT** 14g **CARBOHYDRATES** 120g

## FROM YOUR BOX

LEMONGRASS	1
LIME	1
CARROT	1
GREEN CAPSICUM	1/2 *
DAIKON	1
RICE PAPER ROUNDS	1 packet
TINNED JACKFRUIT	400g
SPRING ONIONS	1/3 bunch *
DESICCATED COCONUT	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

## KEY UTENSILS

large frypan, food processor

## NOTES

Any neutral oil will work well for this recipe.

You can make fresh rice paper rolls instead using the rice paper rounds, jackfruit and vegetables. Use the dressing as a dipping sauce.



### 1. MAKE THE DRESSING

Trim, beat and thinly slice lemongrass. Add to a bowl with lime zest and juice and **2 tbsp soy sauce**. Whisk to combine.



### 2. DRESS THE VEGETABLES

Ribbon carrot, thinly slice capsicum and julienne or grate daikon. Place in a bowl with half the dressing. Toss until well coated.



### 3. CRISP THE RICE PAPER

Heat a frypan over high heat with **oil**. When oil is hot place rice paper rounds in pan (1 at a time) for 2 seconds until puffed up. Remove to a plate.



### 4. MAKE JACKFRUIT CAKES

Drain jackfruit. Slice spring onions (reserve some green tops for garnish). Add to food processor along with 1 tbsp prepared dressing. Blend to a rough consistency. Season with **pepper**.



### 5. COOK JACKFRUIT CAKES

Reheat frypan over medium-high heat. Spread coconut on a plate. Form jackfruit mixture into 4-6 cakes. Press into coconut to crumb. Add **oil** to frypan and cook for 2-4 minutes each side until golden.



### 6. FINISH AND SERVE

Serve rice paper crisps on plates. Fill with dressed vegetables and jackfruit cakes. Garnish with reserved green spring onion tops, drizzle over remaining dressing.

**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**

