



Product Spotlight: BBQ Spice Rub

A delicious blend of spices by GH Produce boasting flavours of smoked paprika, coconut sugar, chipotle, Tasmanian pepper berry, saltbush, and desert lime!



2 BBQ Pulled Jackfruit Bowl

A nourishing bowl with forbidden black rice, pulled smokey BBQ jackfruit, spinach, creamy avocado and lime.

25 mins

2 servings

Plant-Based

8 March 2021

Spice it up!

You can add a dollop of coconut yoghurt or some cashew cream cheese to the bowl if you have some. Pickled jalapeños also make a nice addition!

Per serve: **PROTEIN** 16g **TOTAL FAT** 22g **CARBOHYDRATES** 124g

FROM YOUR BOX

BLACK RICE	150g
TINNED JACKFRUIT	400g
OZZIE BBQ SPICE RUB	1/2 packet (15g)
SALSA	1/2 jar *
LEBANESE CUCUMBER	1
AVOCADO	1
TOMATO	1
LIME	1
BABY SPINACH	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt, sugar (of choice)

KEY UTENSILS

frypan with lid, saucepan

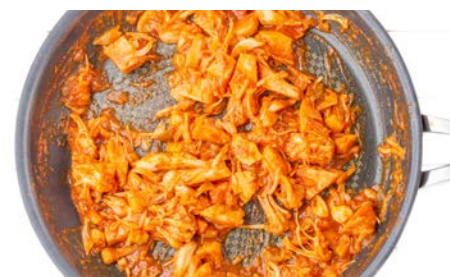
NOTES

If you prefer, you can mash the avocado into a guacamole instead!



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse with cold water.



2. SIMMER THE JACKFRUIT

Drain jackfruit. Add to a frypan over medium–high heat with spice rub, salsa, **1/2 tsp sugar** and **1 cup water**. Cover with a lid and cook for 10 minutes (stir occasionally). Take off heat and use two forks to shred jackfruit. Season with **salt**.



3. PREPARE THE TOPPINGS

Dice cucumber, avocado and tomato (see notes). Wedge lime. Set aside with spinach.



4. FINISH AND PLATE

Divide rice, jackfruit and toppings among bowls. Serve with a lime wedge.

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

