




Product Spotlight: Celery


Celery can easily get dehydrated in the fridge if left uncovered. To revive, cut off the base and the leaf ends, place into a bowl or glass of water in the fridge for a couple of hours and voila!



4 BBQ Pulled Jackfruit Lettuce Cups

Crisp lettuce cups filled with smoky pulled jackfruit and alfalfa sprouts, served alongside golden roasted veggie chips.

 30 minutes

 2 servings

 Plant-Based

19 October 2020

Spice it up!

For a more Mexican flavour, you can add some ground cumin or ground coriander to the jackfruit. Finish with a squeeze of lime if you have some.

Per serve: **PROTEIN** 10g **TOTAL FAT** 12g **CARBOHYDRATES** 72g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
MEDIUM POTATO	1
BABY COS LETTUCE	1
AVOCADO	1
ALFALFA SPROUTS	1/2 punnet *
CELERY STICK	1
SPRING ONION	1
JACKFRUIT	400g
TOMATO PASTE	1 tbsp

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, hoisin sauce, smoked paprika

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have hoisin sauce you can use a BBQ sauce instead.



1. ROAST THE CARROT CHIPS

Set oven to 220°C.

Trim and scrub dutch carrots. Cut potato into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



4. FINISH AND PLATE

Assemble lettuce cups at the table with jackfruit filling. Top with avocado and alfalfa sprouts. Serve with carrot and potato chips on the side.



2. PREPARE THE TOPPINGS

Separate and rinse lettuce leaves. Slice avocado. Set aside with alfalfa sprouts.



3. COOK THE JACKFRUIT

Heat a frypan over medium–high heat with **oil**. Slice and add celery and spring onion. Drain and add jackfruit along with 1 tbsp tomato paste, **1 tbsp hoisin sauce** and **1 tsp smoked paprika**. Cook for 5–6 minutes, breaking up with a spoon. Season with **salt and pepper**.

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

