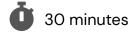




# **BBQ Pulled Jackfruit Lettuce Cups**

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







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.

TOTAL FAT CARBOHYDRATES

## 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       |
|                  |              |

<sup>\*</sup>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.



## 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.



# 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.



