



### Product Spotlight: Tahini

Tahini is a ground sesame seed paste and a good source of protein, essential fatty acids and is high in calcium.



## 1 Raw Pad Thai with Jackfruit

This dish is a crisp, nutrient rich take on the classic Thai noodle dish, full of fresh vegetables, a creamy tahini dressing and pulled jackfruit.

 20 minutes

 2 servings

 Plant-Based

31 December 2021

## Left over!

*If you don't know what to do with your left-over tahini, here are some of our favourite ways to use it; swirled through chocolate brownie, mixed in shortbread biscuits, blended into hummus or on toast with fresh banana and maple syrup.*

Per serve: **PROTEIN** 18g **TOTAL FAT** 36g **CARBOHYDRATES** 42g

## FROM YOUR BOX

JACKFRUIT	1 packet (300g)
TAHINI	1 jar
RED CAPSICUM	1
MINT	1 bunch
CARROT	1
COLESLAW	1 bag (use to taste)
SEED+NUT MIX	1 packet (35g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil, salt, pepper, apple cider vinegar, maple syrup

## KEY UTENSILS

2 frypans

## NOTES

The jackfruit does have some heat to it. If preferred, you can rinse it before adding to pan and season with soy sauce or sweet chilli sauce to taste.

The seed and nut mix is made up of cashews, pepitas and sesame seeds.

You can switch up this dish by stir-frying the vegetables and tossing with cooked noodles.

This dish is a great vessel for fresh herbs. If you have any coriander, basil or Thai basil, slice it and toss with the fresh vegetables.



### 1. SIMMER THE JACKFRUIT

Heat a frypan over medium-high heat. Add jackfruit along with **3/4 cup water** (see notes). Cook, semi-covered, for 10 minutes, stir occasionally. Remove from heat and use two forks to shred jackfruit.



### 2. MAKE THE SAUCE

In a bowl whisk together 1/3 cup tahini, **3 tbsp vinegar**, **1/2 tbsp oil**, **1/2 tbsp maple syrup**, **3 tbsp water**, **salt and pepper** until well combined.



### 3. PREPARE VEGETABLES

Thinly slice capsicum and mint leaves. Julienne or ribbon carrot. Toss together with coleslaw (see notes).



### 4. TOAST THE SEEDS

Heat a small frypan over medium heat. Roughly chop any large cashews from the seed and nut mix. Add all to frypan and toast for 4-5 minutes until lightly golden.



### 5. FINISH AND SERVE

Divide vegetables among shallow bowls. Drizzle over sauce. Top with pulled jackfruit and seeds. Serve with any remaining sauce.

**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**

