




### Product Spotlight: Jackfruit

Jackfruit is rich in magnesium which helps build and strengthen bones. People who consume foods rich in magnesium have higher bone density and stronger bones.



## 1 Teriyaki Jackfruit & Oriental Slaw

Tender pieces of jackfruit crisped in the pan and glazed with teriyaki sauce, served on brown rice with a sesame slaw and charred greens.

 30 minutes

 2 servings

 Plant-Based

31 August 2020

### Mix it up!

*If you have fried shallots you can add them to the slaw for some crunch. For extra protein you can add some tofu or tempeh to the jackfruit.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 21g **CARBOHYDRATES** 80g

## FROM YOUR BOX

BROWN BASMATI RICE	150g
ORIENTAL SLAW	1 bag (250g)
GINGER	1/2 piece *
ASIAN GREENS	2 bulbs
JACKFRUIT	400g
SESAME SEEDS	1/2 packet (20g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), white wine (or rice wine) vinegar, sugar (of choice)

## KEY UTENSILS

frypan, saucepan

## NOTES

Use brown or palm sugar as it will dissolve faster.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PICKLE THE SLAW

Whisk together **1 tbsp sesame oil** and **2 tbsp vinegar**. Toss through oriental slaw and set aside.



### 3. MAKE TERIYAKI SAUCE

Grate ginger to yield roughly 1/2 tbsp. Combine with **2 tbsp soy sauce**, **2 tbsp vinegar**, **1 tbsp sugar** and **1 tbsp sesame oil** in a bowl.



### 4. COOK THE GREENS

Halve asian greens lengthways. Heat a frypan over medium–high heat with **sesame oil**. Cook greens for 3–4 minutes each side until tender.



### 5. COOK THE JACKFRUIT

Reheat pan over medium–high heat with **sesame oil**. Drain and add jackfruit. Cook for 4 minutes until browned. Stir in 2 tbsp teriyaki sauce and cook for a further minute until well coated.



### 6. FINISH AND PLATE

Divide rice, asian greens, jackfruit and slaw among bowls. Spoon over remaining teriyaki sauce to taste. Garnish with sesame seeds.

**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**

