



Product Spotlight: Desiccated Coconut


Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



1 Coconut Jackfruit Cakes with Pickled Vegetables

Jackfruit cakes crumbed in desiccated coconut, served with lime pickled vegetables and crispy rice paper rounds.

 30 minutes

 4 servings

 Plant-Based

1 October 2021

Speed it up!

If you want to speed up this recipe, skip making the jackfruit cakes. Simply drain and pat dry the jackfruit. Add to a frypan with the coconut and cook for 2-3 minutes.

Per serve: **PROTEIN** 9g **TOTAL FAT** 8g **CARBOHYDRATES** 81g

FROM YOUR BOX

LEMONGRASS	1
LIME	1
CARROT	1
LEBANESE CUCUMBER	1
DAIKON	1
BEAN SHOOTS	1 packet
RICE PAPER ROUNDS	1 packet
TINNED JACKFRUIT	2 x 400g
SPRING ONIONS	1/2 bunch *
DESICCATED COCONUT	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, food processor

NOTES

Any neutral oil will work well for this recipe.

You can make fresh rice paper rolls instead using the rice paper rounds, jackfruit and vegetables. Use the dressing as a dipping sauce.



1. MAKE THE DRESSING

Trim, beat and thinly slice lemongrass. Add to a bowl with lime zest and juice and **2 tbsp soy sauce**. Whisk to combine.



2. DRESS THE VEGETABLES

Ribbon carrot, thinly slice cucumber and julienne or grate daikon. Place in a bowl with bean shoots and half the dressing. Toss until well coated.



3. CRISP THE RICE PAPER

Heat a frypan over high heat with **oil**. When oil is hot place rice paper rounds in pan (1 at a time) for 2 seconds until puffed up. Remove to a plate.



4. MAKE JACKFRUIT CAKES

Drain jackfruit. Slice spring onions (reserve some green tops for garnish). Add to food processor along with 2 tbsp prepared dressing. Blend to a rough consistency. Season with **pepper**.



5. COOK JACKFRUIT CAKES

Reheat frypan over medium-high heat. Spread coconut on a plate. Form jackfruit mixture into 8-12 cakes. Press into coconut to crumb. Add **oil** to frypan and cook (in batches if necessary) for 2-4 minutes each side until golden.



6. FINISH AND SERVE

Serve rice paper crisps on plates. Fill with dressed vegetables and jackfruit cakes. Garnish with reserved green spring onion tops, drizzle over remaining dressing.

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

