




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

 4 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** 11g **TOTAL FAT** 15g **CARBOHYDRATES** 72g

FROM YOUR BOX

BROWN BASMATI RICE	300g
ORIENTAL SLAW	1 bag (250g)
GINGER	1/2 piece *
ASIAN GREENS	1 bunch
JACKFRUIT	2 x 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 tbsp. Combine with **3 tbsp soy sauce**, **2 1/2 tbsp vinegar**, **1 1/2 tbsp sugar** and **2 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 1/3 cup 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**

