



### Product Spotlight: Celery

Celery can easily get dehydrated in the fridge if left uncovered. To revive, cut off the base and the leaf ends, place into a bowl or glass of water in the fridge for a couple of hours and voila!



## 4 BBQ Pulled Jackfruit Lettuce Cups

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

 30 minutes

 4 servings

 Plant-Based

19 October 2020

### Spice it up!

*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.*

Per serve: **PROTEIN** 10g **TOTAL FAT** 12g **CARBOHYDRATES** 75g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
MEDIUM POTATOES	3
BABY COS LETTUCE	2 pack
AVOCADOS	2
ALFALFA SPROUTS	1/2 punnet *
CELERY STICKS	2
SPRING ONIONS	1/4 bunch *
JACKFRUIT	2 x 400g
TOMATO PASTE	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, 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 potatoes 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 avocados. Set aside with alfalfa sprouts.



### 3. COOK THE JACKFRUIT

Heat a frypan over medium-high heat with **oil**. Slice and add celery and spring onions. Drain and add jackfruit along with tomato paste, **2 tbsp hoisin sauce** and **2 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.

**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**

