



BBQ JACKFRUIT OPEN BURGERS

with Wedges and Salad



HELLO JACKFRUIT

The largest tree bearing fruit in the world (can weigh up to 100lbs and grow 3 feet long) this is known for its stringy texture and is often used in place of meat.



Jackfruit



Burger Bun



BBQ Sauce



Baby Gem Lettuce



Cheddar Cheese



Potato



Green Chilli



Garlic Clove

MEAL BAG

35 mins

1.5 of your 5 a day

Little heat

Veggie

Jackfruit is a spiky fruit originating in Southern India which has a 'meaty' texture when cooked which is why many people use it to create plant-based versions of shredded chicken, pulled pork, or other meat-based recipes. In this recipe, we've simmered young jackfruit in a smoky barbecue-style sauce until the texture is sticky and stringy. Divided between toasted burger buns, topped with cheese and served with a crunchy salad and chunky potato wedges, these jackfruit burgers are the ultimate vegetarian treat.

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray**, **Fine Grater** (or **Garlic Press**), **Sieve**, **Large Frying Pan**, **Baking Tray** and **Coarse Grater**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat the oven to 200°C. Chop the **potatoes** into wedges about 2cm wide (no need to peel) and pop on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of the oven until crisp and golden, 30-35 mins, turning halfway.



2 PREP

Meanwhile, halve the **chilli** lengthways, deseed and finely chop. Peel and grate the **garlic** (or use a garlic press). Drain the **jackfruit** in a sieve. **★ TIP:** *drain the jackfruit really well and pat it dry with kitchen paper to remove excess water - this will help it cook later!*



3 START THE JACKFRUIT

Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **garlic** and **half** the **chilli** and stir-fry for 30 seconds. Stir in the **jackfruit** and fry until starting to colour, 4-5 mins, stirring occasionally.



4 COOK THE JACKFRUIT

Add a good pinch of **salt** and **sugar** (if you have some) then stir in the **water** (see ingredients for amount) and **BBQ sauce**. Lower the heat and allow to simmer until thick and sticky, 10-15 mins, then remove from the heat. **★ TIP:** *Use a spatula or a fork to break down the jackfruit as much as possible into strands.* Add a splash of **water** if it looks too dry.



5 FINISH UP

Meanwhile, trim the root from the **baby gem lettuce**, halve lengthways then finely slice widthways. Pop in a bowl with a pinch of **salt** and **pepper** and a drizzle of **oil**. Set aside - toss to coat just before serving. Grate the **cheddar cheese**. Halve the **burger buns** and pop on a baking tray, cut side up. Put on the middle shelf of the oven to lightly toast, 3-4 mins.



6 SERVE

When the **buns** are toasted, remove the lids from the tray and set aside. Divide the **jackfruit mixture** evenly between the **bases** and top with the **cheese** and a pinch more **chilli** if liked. Return to the oven to melt the **cheese**, 2-3 mins. Serve the **jackfruit burgers** on plates alongside the **chips** and **salad**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Jackfruit	1 tin	1½ tins	2 tins
Burger Bun 8) 11) 13)	2	3	4
BBQ Sauce 13)	1 sachet	1½ sachets	2 sachets
Baby Gem Lettuce *	1	1½	2
Cheddar Cheese 7) *	1 block	1½ blocks	2 blocks
Potato *	1 small pack	1 large pack	2 small packs
Green Chilli *	½	¾	1
Garlic Clove *	2	3	4
Water*	100ml	150ml	200ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 591G	PER 100G
Energy (kJ/kcal)	2862 / 684	484 / 116
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	134	23
Sugars (g)	12	2
Protein (g)	19	3
Salt (g)	5.22	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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