



## SWEET & SOUR JACKFRUIT



20-25 min  
preparation



4 persons



vegan recipe



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COMPANY MAKE A POSITIVE IMPACT**

# INGREDIENTS

- ➔ 600 grams water (for the sauce)
- ➔ 175 grams sugar
- ➔ 150 grams water (for soaking jackfruit)
- ➔ 100 grams tomato puree
- ➔ 50 grams red bell pepper
- ➔ 45 grams vinegar
- ➔ 35 grams green bell pepper
- ➔ 35 grams corn-starch
- ➔ 30 grams celery
- ➔ 30 grams canned pineapple
- ➔ 15 grams onion
- ➔ 20 grams dried jackfruit chunks
- ➔ 10 grams salt
- ➔ 10 grams rice vinegar
- ➔ 10 grams sunflower oil
- ➔ 2,5 grams garlic puree
- ➔ 2,5 grams ginger puree
- ➔ 2,5 grams paprika powder
- ➔ 1 gram onion powder
- ➔ 0,5 grams curry powder
- ➔ 0,2 grams white pepper



## REHYDRATE JACKFRUIT

Soak jackfruit in warm water.



## MAKE THE SAUCE

Fry the vegetables briefly, then add cold water, salt, garlic and ginger puree and corn-starch to make the sauce.



## STIR WELL

Stir the mixture well.



## SEASONING

Season the sauce with tomato paste, vinegar, pineapple and spices.



## SLICE AND ADD JACKFRUIT

Cut the jackfruit chunks into smaller pieces and add to the sauce.



## COOK AND FINISH!

Bring sauce to a boil while stirring and simmer for 10 minutes on low heat.

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