



JACKFRUIT SANDWICH SPREAD

**FIBER
FOODS**

25-30 minutes



25 portions



vegan recipe



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OUR PRODUCTS WILL HELP YOU AND YOUR
COMPANY MAKE A POSITIVE IMPACT**

INGREDIENTS

- ➔ 225 grams water (for the sauce)
- ➔ 125 grams water (for soaking jackfruit)
- ➔ 200 grams rapeseed oil
- ➔ 125 grams white cabbage
- ➔ 125 grams pickle
- ➔ 125 grams granulated sugar
- ➔ 60 grams vinegar
- ➔ 25 grams red bell pepper
- ➔ 25 grams corn-starch
- ➔ 20 grams shredded jackfruit
- ➔ 20 grams salt
- ➔ 20 grams onion
- ➔ 5 grams mustard
- ➔ 5 grams vegetable protein powder
- ➔ 0,2 grams white pepper
- ➔ 0,2 grams paprika powder
- ➔ 0,2 grams celery powder
- ➔ 0,2 grams garlic powder
- ➔ 0,1 grams nutmeg powder
- ➔ 0,1 grams clove powder



REHYDRATE JACKFRUIT

Soak jackfruit in warm water.



MAKE EMULSION

Make an emulsion of the vegetable protein, water and oil. To this, add the cornstarch



SEASONING

Season the emulsion with sugar, mustard, vinegar, and the spices.



ADD JACKFRUIT

Add the soaked jackfruit!



ADD VEGETABLES

Stir in the sliced pickle, white cabbage, and red bell bell pepper.



COOK, COOL AND READY!

Bring the sauce to a boil while stirring and cook for 5 min. on low heat.

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