



NORTH SEA SALAD

**FIBER
FOODS**

15-20 minutes



20 portions



vegan recipe



**WORKING WITH FIBER FOODS AND USING
OUR PRODUCTS WILL HELP YOU AND YOUR
COMPANY MAKE A POSITIVE IMPACT**

INGREDIENTS

SOAKED JACKFRUIT

- ➔ 100 grams Fiber Foods Jackfruit 'Fine'
- ➔ 500 grams Oosterschelde (sea)water

NORTH SEA SALAD

- ➔ 600 grams soaked jackfruit
- ➔ 180 grams vegan mayonnaise
- ➔ 100 grams red onion - diced
- ➔ 50 grams half sundried tomatoes - mashed
- ➔ 25 grams soy sauce or tamari
- ➔ 25 grams Dijon mustard
- ➔ 15 grams lemon juice
- ➔ 10 grams capers - finely chopped
- ➔ 5 grams apple cider vinegar
- ➔ salt and pepper



REHYDRATE JACKFRUIT

Soak jackfruit in Oosterschelde (sea)water and let it rest.



ADD OTHER INGREDIENTS

Combine the remaining ingredients in a bowl.



STIR WELL

Make sure to stir well.



ADD JACKFRUIT

Add the soaked jackfruit to the sauce and season with salt and pepper.



MIX WELL

Mix all ingredients well.



READY TO SERVE

The North Sea Salad is ready to use.

NORTH SEA SALAD

WORKING WITH FIBER FOODS AND USING OUR PRODUCTS WILL HELP YOU AND YOUR COMPANY MAKE A POSITIVE IMPACT - WWW.FIBERFOODSGROUP.COM

