



# JACKFRUIT STEW

**FIBER  
FOODS**

30 min preparation  
+30 min simmering



4 persons



vegan recipe



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COMPANY MAKE A POSITIVE IMPACT**

# INGREDIENTS

- ➔ 600 grams water
- ➔ 100 grams onion
- ➔ 50 grams carrot
- ➔ 50 grams parsnip
- ➔ 50 grams sweet potato
- ➔ 50 grams Vegan gingerbread
- ➔ 40 grams dried jackfruit chunks
- ➔ 10 grams sunflower oil
- ➔ 20 grams fine mustard
- ➔ 10 grams salt
- ➔ 5 grams apple syrup
- ➔ 5 grams garlic puree
- ➔ 5 grams white wine vinegar
- ➔ 1 gram thyme
- ➔ 0,5 grams ground bay leaf
- ➔ 0,5 grams ground cloves
- ➔ 0,5 grams ground black pepper



**FRYING**

Fry the onion and garlic puree.



**MAKE THE SAUCE**

Add water, mustard, salt, apple syrup, and the spices.



**STIR THE MIXTURE WELL**

Stir the mixture well.



**ADD OTHER INGREDIENTS**

Crumble the gingerbread into the sauce and add along with the vegetables.



**ADD JACKFRUIT**

Add the dried jackfruit and vinegar.



**STIR AND SIMMER**

Stir the sauce and simmer for 30 minutes, on low heat.

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