

You Don't Know Tack


let us introduce you...

Vegan
Meat
Alternative.

Recipe on
rear of
this flyer.



A savoury fruit that foodies love, but hardly any know the name of...

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VEGAN MEAT ALTERNATIVE

Essential Jackfruit is a natural, nutritious and delicious alternative to meat. Transform any recipe into a vegetarian/vegan dish with Essential organic young jackfruit. The fibrous pieces of fruit readily soak up rich and spicy flavours and can be used to create a huge range of tasty, 'meaty' dishes that are good for you and good for the planet.

HIGHLY NUTRITIOUS

Essential Jackfruit is an incredibly healthy food to add to your diet. It is bursting with free radical fighting anti-oxidants and vitamins A & C, all of which help the body to maintain a healthy, active lifestyle. As a good source of potassium, zinc and iron, jackfruit is an ideal food as part of a balanced plant-based diet. On top of that, jackfruit's high fibre-content helps to maintain a healthy digestive system.

ETHICALLY SOURCED

Our jackfruit has been ethically sourced and produced organically by our farming partners in Sri Lanka. Essential's established partnership with our Sri Lankan fruit growers has developed over the past 12 years. They are a highly successful business with a network of 3,000 small rural farmers; ensuring local communities are supported and protected. The fruit is grown, prepared and canned by this sustainable project.

Mexican-inspired sautéed Jackfruit

INGREDIENTS

Marinade:

1 tsp Chipotle Chilli Flakes
1 tbsp Double Conc. Tomato Puree
3 tsp Lime Juice
2 tsp Pomegranate Molasses
150ml water

1 can Essential Organic Young Jackfruit

Olive oil for cooking



METHOD

Blend all the marinade ingredients together to make the sauce.

Drain and rinse the Jackfruit.

Cut any larger chunks of jackfruit into 2 or 3 pieces by slicing through the solid core.

Place into bowl and cover in marinade

Leave for a minimum of 2 hours - preferably overnight

Shake off any excess marinade and shallow fry the jackfruit in the olive oil until lightly browned. Serve with coleslaw or a light green salad in a warmed pitta bread, bun or roll.

Enjoy.

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