

Jackfruit burgers à la pulled pork

Total time **60 mins** 30 mins preparation time 30 mins cooking time 30 mins waiting time

INGREDIENTS

10 portion(s)

Jackfruit marinade:

3 g	garlic clove
200 g	tomato purée
20 g	French mustard (or yellow mustard)
2 g	smoked sweet paprika powder
30 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
5 ml	sriracha sauce
5 ml	chipotle sauce

Jackfruit:

1.8 kg	tinned jackfruit in brine (1.3 kg after draining)
50 ml	rapeseed oil for frying

Coleslaw:

400 g	red cabbage, thinly sliced
60 g	vegan mayonnaise
30 ml	fresh lime juice
2 g	freshly ground black pepper

Burger:

500 g	vegan burger buns (10 buns)
130 g	ketchup
150 g	iceberg lettuce leaves
10 g	microgreens (e.g. pea sprouts or any preferred type)

PREPARATION

Step 1

Press the garlic with a crusher and mix with the tomato purée, mustard, smoked paprika, Kikkoman Soy Sauce, sriracha and chipotle sauce to make a marinade.

Step 2

Drain the jackfruit from the tin and shred it coarsely with a fork in a bowl. Add the marinade and mix thoroughly. Leave to marinate in a cool place for 30 minutes.

Step 3

For the coleslaw, mix the cabbage with the vegan mayonnaise, lime juice and pepper. Stir well.

Step 4

Drain the marinated jackfruit of excess marinade and fry in a pan for 5–10 minutes.

Step 5

Carefully cut the burger buns in half and optionally roast them in a dry pan. Spread approx. 13 g ketchup on the bottom half, then add a lettuce leaf, 150 g jackfruit and 50 g coleslaw. Top with the other half of the bun. Garnish with 1-2 g of the microgreens and serve.