

Veggie burger with jackfruit in teriyaki sauce

Total time **30 mins** 30 mins preparation time

Nutritional facts (per portion):

1,720 kJ / 411 kcal

INGREDIENTS

4 portion(s)

- 1** can of jackfruit in brine
- 3 tbsp** Kikkoman Teriyaki Marinade
- 1** white onion
- 5 tbsp** of olive oil
- spices: smoked paprika, granulated garlic, ginger
- 3** red onions
- 1 tsp** of brown sugar
- 2 tbsp** dry red wine
- 4** burger buns
- 4** large lettuce leaves
- 1** large tomato (e.g. raspberry)
- Optional:**
- 3** pickled cucumbers, sliced

PREPARATION

Step 1

Dice the white onion finely and fry it in 1 tablespoon of olive oil.

Step 2

Drain the jackfruit and tear it with a fork. Heat 2 tablespoons of olive oil in a frying pan, add the jackfruit and cook for a few minutes. Then add the teriyaki marinade, spices and fried onion. Fry another few minutes.

Step 3

Meanwhile, cut the red onion into slices and fry it in 1-2 tablespoons of olive oil until it gets golden brown. Add sugar and cook it for 2 more minutes. Add wine. Fry it until the liquid evaporates completely.

Step 4

Slice the tomato.

Step 5

Cut each bun in half and stuff it successively with jackfruit, lettuce, tomato, red onion (and optionally with cucumbers).