KIKKOMAN

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).