



PULLED JACKFRUIT PIES

WITH GREEN SALAD

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 60 minutes

Pulled jackfruit is similar to pulled pork in taste and texture, and makes a great vegetarian option. I've stuffed it into pastry for maximum deliciousness and served with a crisp green salad.



PULLED JACKFRUIT PIES

- 2 sheets frozen puff pastry (300g / 10.6oz)
- 2 x 400g cans young green jackfruit (in brine/water) (2 x 14oz)
- 1 1/2 Tbsp brown sugar
- 1/2 Tbsp Dijon mustard
- 1 tsp garlic powder
- 1 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 brown onion
- 2 tsp olive oil
- 1/3 cup barbecue sauce (80ml)
- 2 Tbsp water
- 1/2 - 1 Tbsp soy sauce

- 100g cheddar cheese (3.5oz)
- 1/4 cup finely grated parmesan (23g)

SALAD

- 60g baby cos lettuce (2.1oz)
- 1 fennel bulb
- 2 celery stalks
- 3 spring onions
- 1/4 cup shaved parmesan (23g)
- 1 1/2 Tbsp olive oil
- 1 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp caster sugar

1. MAKE PIES

Get pastry out of freezer to defrost. Preheat oven to 190°C (370°F) fan bake and line a large oven tray with baking paper.

2. Place jackfruit in a colander and rinse. Chop off any harder (core) bits and discard. Use your hands to shred remaining jackfruit. Combine with sugar, mustard, garlic powder, paprika, salt and pepper. Slice onion into thin half rings.

3. Heat oil in a large frying pan over medium-high. Add jackfruit and cook for 5 minutes. Add onion, barbecue sauce and water, reduce heat to medium and simmer for 10 minutes, stirring occasionally. Stir in soy sauce (adjust quantity to taste).

4. Cut cheddar into 8 slices. Slice each pastry sheet into 4 triangles. With the longer side of the triangles facing you, place a slice of cheese in the middle and top with jackfruit. Fold right-hand corner of triangle up to the top corner and use a fork to crimp the sides together. Repeat with left-hand corner (you should have an open section down the middle). Place pies on prepared tray and sprinkle with parmesan. Bake for 15-20 minutes, until puffed up and golden brown.

5. PREPARE SALAD

Meanwhile, place lettuce in a salad bowl. Remove fronds from the fennel and add to bowl. Discard stalks and thinly slice fennel bulb. Finely slice celery and spring onions. Add fennel, celery, spring onions and parmesan to salad. Whisk together oil, vinegar, mustard and sugar and season to taste with salt and pepper. Drizzle over salad and toss to combine.

6. SERVE

Serve cooked pies with a generous helping of salad.



WINE MATCH: A Riesling (or a Pale Ale!).

PULLED JACKFRUIT PIES RECIPE NOTES

GLUTEN-FREE OPTION: I would forego the pie idea! Buy some gluten-free tortillas/tacos instead, warm them up and stuff the pulled jackfruit, grated (instead of sliced) cheese and salad into these. This makes the meal a little bit easier too! Ensure barbecue sauce is gluten-free and choose gluten-free soy sauce.

INGREDIENT SWAPS / NOTES: See above for a taco option. If jackfruit does not appeal to you, you could easily replace this with store-bought pulled pork (this means you can skip steps 2 and 3 too!). You will need around 450g/1lb. Fennel could be replaced with a large handful of extra lettuce or baby spinach.

STORING AND REHEATING: Store pies and salad separately. Pies are best reheated in the oven. You can reheat in the microwave but the pastry will be soggy.