

WORLD Vegetarian & Day

01/10/2018



WORLD VEGETARIAN DAY CELEBRATES THE DECISION TO REMOVE MEAT AND ANIMAL PRODUCTS FROM DIETS AND BRINGS AWARENESS TO THE BENEFITS OF A VEGETARIAN LIFESTYLE.



BBQ PULLED JACKFRUIT

SERVES 4

37010	Tinned jackfruit in brine	400g
	Onion	1
39084 /25630	Everyday Favourites extended life vegetable oil or Whirl butter substitute	1 tbsp
	Garlic	2-4 cloves
95690	Lion maple & bourbon BBQ sauce	

- Wash the jackfruit in water to remove the brine.
- Fry the onion and garlic in the oil or whirl for two minutes, add the jackfruit and cook for 10 further minutes until the onion is soft.
- Add enough Lion maple & bourbon BBQ sauce to cover all the ingredients, add 100ml of water and cook on the hob or in the oven for about an hour, stirring occasionally until the sauce is thick and sticky.
- Tear the jackfruit pieces apart with a fork and serve in brioche buns, wraps, flatbreads, tacos or baguettes.

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GINGER QUORN NOODLE BROTH

04666	Everyday Favourites vegetable bouillon paste	Stock
05776	Quorn pieces	700g
08126	Everyday Favorites noodles	250g
18664	Amoy dark soy sauce	100ml
10022	Knorr professional garlic puree	20g
10022	Knorr professional ginger puree	30g
70384	Everyday Favourites crushed chillies	2g
	Red onion	100g
	Spring onion trimmed	150g
	Mangetout topped and tailed	200g
	Beansprouts	100g
70378	Coriander	50g
04285	Everyday Favourites free range medium eggs	2 each

- Make the vegetable stock up then cook the chicken in the stock, then take out and shred.
- Boil a pan of water then blanch the noodles and refresh then drizzle 100ml of soy sauce on the noodle and mix together.
- Then add the garlic, ginger and chillies to the pan and mix well.
- Finely slice the vegetables and the coriander and place in the pots.
- Then beat the two eggs.
- Place the quorn back into the stock pot along with the beaten egg and whisk in. Then ladle over the vegetables.

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