

VEGANUARY

Begin the year with a new challenge to change your diet!

KENTUCKY FRIED JACKFRUIT

INGREDIENTS

| | | |
|-------|--|-------|
| 37010 | Green jackfruit in brine | 500g |
| 70389 | Everyday Favourites cajun spice | 30g |
| 04046 | Smoked paprika | 10g |
| 70372 | Everyday Favourites chilli powder | 10g |
| 70361 | Everyday Favourites garlic powder | 6g |
| 52245 | Everyday Favourites ground ginger | 4g |
| 50396 | Everyday Favourites cracked black peppercorn | 1g |
| 34079 | Everyday Favourites plain flour | 250g |
| 25595 | Bicarbonate of soda bag | 10g |
| 60221 | Alpro unsweetened soya milk | 300ml |
| 70358 | Everyday Favourites mixed herbs | 8g |
| 95663 | Lion South Carolina bbq sauce | 200ml |

METHOD

- 1 Drain the jackfruit and place into a deep mixing bowl. Add in the cajun spice, smoked paprika, chilli powder, garlic powder, ginger, and black pepper to combine together. Then place onto a baking tray and cook for 15-20 minutes.
- 2 In another mixing bowl add 100g of flour, bicarbonate of soda, soya milk and mixed herbs
- 3 Once the jackfruit is cooked, allow it to cool slightly. Then dip it into the batter and tumble in the flour. Deep fry it until golden and crunchy.



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BANANA BLOSSOM FISH & CHIPS

INGREDIENTS

| | | |
|-------|-------------------------------------|-------|
| 20051 | Banana blossom | |
| 34079 | Everyday Favourites plain flour | 250g |
| 70379 | Everyday Favourites ground cumin | 10g |
| 70299 | Everyday Favourites ground turmeric | 1.5g |
| 03799 | Springbourne sparkling water | 500ml |
| 60426 | Dr Oetker baking powder | 15g |
| 07650 | Maldon sea salt | 5g |
| 71879 | Blue Dragon sriracha | 20g |
| 30042 | Vegan mayonnaise | 200ml |
| 07627 | Casa De Mare capers fine | 45g |
| 43214 | Noels sliced dill gherkins | 45g |
| | Chopped dill | 5g |

METHOD

- 1 Drain and dust the banana blossom in flour and set to one side
- 2 In a deep mixing bowl add the flour, cumin and turmeric. Whisk in the sparkling water then add the baking powder, salt and sriracha sauce and set to one side for 20-30 minutes
- 3 Heat the fryer to 180c then coat the banana blossom in the batter and deep fry until cooked and the batter is crisp and crunchy
- 4 In a mixing bowl add the vegan mayonnaise, chopped capers, chopped gherkins and chopped dill and mix together
- 5 Serve the cooked banana blossom with tartare sauce, a fresh lemon wedge and your choice of chips
- 6 In another mixing bowl add 100g of flour, bicarbonate of soda, soya milk and mixed herbs



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KERALAN GLAZED MOCK DUCK

INGREDIENTS

| | | |
|-------|--|------|
| 37008 | Mock duck | 400g |
| 89541 | Fresh pineapple chunks | |
| | Red pepper chunks | |
| 29825 | Everyday Favourites ground turmeric | 30ml |
| 40330 | Major Keralan pan asian base paste | 10g |
| 70384 | Everyday Favourites crushed chillies | 1g |
| 13685 | Pure olive oil glass | 15g |
| 50396 | Everyday Favourites cracked black peppercorn | 1g |
| 29582 | Everyday Favourites salted peanuts | 80g |
| | Coriander coarsley chopped | 15g |
| | Sliced spring onions | 30g |

METHOD

- 1 Cut the mock duck into chunks and then skewer alternating with the pineapple and red pepper. Then set to one side
- 2 In a mixing bowl, whisk together the coconut milk, Keralan paste, red chillies and oil and brush over the skewers
- 3 Place onto the chargrill and cook evenly - brushing more of the marinade while cooking
- 4 Once cooked, place onto your chosen serving plate and then finish with cracked black pepper, peanuts, coriander and fresh spring onions
- 5 Serve with a lime wedge and fresh salad
- 6 In another mixing bowl add 100g of flour, bicarbonate of soda, soya milk and mixed herbs



ON THE MENU TODAY!

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**BANANA BLOSSOM
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BLOSSOM FISH
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KERALAN GLAZED MOCK DUCK

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