

Did you know?

Leafy greens such as kale provide plenty of B vitamins, folate and magnesium which are cofactors needed for the production of neurotransmitters.

Serve in

27965 • TASTE Medium Food to Go Box with Window and Vents 125x125x60mm 750g (26.4oz) • 1x270

53217 • White Compostable CPLA Knife 6.5" • 1x1000

23044 • White Compostable CPLA Fork 6.5" • 1x1000

20136 • Tork Xpressnap Natural Brown 8x1125

SWEET POTATO & KALE HASH

topped with jackfruit tinga

INGREDIENTS

80ml	Pure Olive Oil Glass (13685)
220g	Everyday Favourites Sliced Onions (97929)
20g	Chopped Garlic in Oil (37540)
1kg	Chef Choice Green Jackfruit in Brine (37010)
60g	Santa Maria Chipotle Paste (14411)
800g	Gustoso Multi Use Tomato Base (49604)
150g	Black Eyed Beans (56620)
10g	Fresh Chopped Coriander
1.3kg	Sweet Potato Chunks Roasted
600g	Blanched Chopped Kale
50ml	Casa De Mare Lime Juice Squeazy (41167)
20g	Pumpkin Seeds (11983)
20g	Sunflower Seeds (94992)

METHOD

STEP 1.

Heat a large saucepan and add olive oil, onions and garlic... cook until golden brown. Add the pulled jackfruit and continue to cook down until soft.

STEP 2.

Add the chipotle paste and tomato base and continue to cook on a low heat for 20 - 25 minutes. Once cooked, stir in the coriander and set to one side.

STEP 3.

Crush the sweet potato and add the kale dress with 10ml olive oil and lime juice then place equally into your hot box packaging. Top with the jackfruit tinga and place into the oven until hot.

STEP 4.

Finish with a fresh slaw of your choice and the crunchy seed mix and top with torn coriander.