Vegan jerk jackfruit burger Free Recipe 10042025

Description

Recipe
Vegan jerk jackfruit burger

Jackfruit is a great vegan alternative to pork and works perfectly with jerk seasoning. You can use fresh or tinned for this recipe. Make your own homemade vegan mayonnaise in seconds and save money.

Each serving provides 554 kcal, 8g protein, 52g carbohydrates (of which 18g sugars), 33g fat (of which 4g saturates), 6g fibre and 3.1g salt.]

Recipe tips

This might make a bit more coleslaw than needed in your burgers so you can eat it as a side or save for later in the fridge.

Banzai Japan MV

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 1 carrot, peeled and ribboned with a peeler 1 tbsp chopped fresh coriander 400g tin jackfruit squeeze fresh lime 2 spring onions, finely chopped ¼ red cabbage, shredded Tins, packets and jars 5 tbsp vegan mayonnaise Cooking ingredients salt and freshly ground black pepper Other 2 vegan burger buns or mini ciabattas, cut in halfhttps://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9 Book Novotel Hotel

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