

QUICK AND TASTY JACKFRUIT RECIPES



BBQ Jackfruit Hot Dogs

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| 500 g | Kappa Foods Roasted Jackfruit | 1. | Bring a pan to medium heat and pour in the sunflower oil. |
| 150 g | Onions sliced | 2. | Sautee the onions for 8-10 minutes. |
| 100 g | BBQ sauce | 3. | Pour in the jackfruit, Black Maple and BBQ sauce. Stir and Cook Jackfruit for 10 minutes. |
| 50 g | Sunflower Oil | 4. | Serve Jackfruit in a Hot Dog Bun. |
| 25 g | Kappa Foods Black Maple sauce | | |



Jackfruit Curry

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| 500g | Kappa Foods Roasted Jackfruit | 1. | Bring a pot to medium heat and melt the butter. |
| 200 g | Onions sliced | 2. | Sautee the onions and garlic for approximately 10 minutes. |
| 150 g | Canned chickpeas | 3. | Pour in the jackfruit and the rest of the ingredients into the pot and cook for 15 minutes. Stir every 5 minutes. |
| 150 g | Canned green lentils | 4. | Serve with Naan bread. |
| 150 g | Coconut cream | | |
| 25 g | Garlic minced | | |
| 25 g | Butter | | |
| 20 g | Curry powder | | |
| 5 g | Pepper flakes | | |
| | Salt to taste | | |



Jackfruit Tacos

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| 500g | Kappa Foods Roasted Jackfruit | 1. | Mix all the spices and the Red Diablo with the jackfruit. |
| 50 g | Kappa Foods Red Diablo Hot sauce | 2. | Bring a heavy pan to medium heat. |
| 50 g | Sunflower oil | 3. | Pour in the sunflower oil and allow to sear for 4 minutes. Stir jackfruit and sear for another 4 minutes. |
| 10 g | Chipotle chili powder | 4. | Pour in the sliced jackfruit and allow to sear for 4 minutes. Stir jackfruit and sear for another 4 minutes. |
| 10 g | Paprika | 5. | Serve Jackfruit on soft or hard taco shells. |
| 10 g | Garlic powder | | |
| 5 g | Ancho chilli powder | | |
| 5 g | Onion powder | | |
| | Salt to taste | | |

CONTACT US

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