



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 35 mins

Serves: 4

JACKFRUIT AND MUSHROOM STROGANOFF



INGREDIENTS

- 2 tbsp olive oil
- 1 red onion, diced
- 400g mushrooms, sliced
- 2 cloves garlic
- 1 x 400g can jackfruit (rinsed, strained)
- 2 tbsp tomato paste
- 1 tbsp rice malt syrup
- 1 cup water
- 2 tbsp vegetable stock powder
- 1 tsp thyme
- 1 tsp pink rock salt
- 1 cup coconut yoghurt, natural

METHOD

- In a large saucepan, heat oil on medium high.
- Add onions, and cook 5 minutes while stirring.
- Add garlic and mushrooms, and cook a further 10 minutes.
- Add jackfruit, tomato paste, rice malt syrup, water, stock powder, thyme and salt.
- Stir and cook for 15 minutes.
- Pull jackfruit apart with a fork, stir in yoghurt and cook a further 5 minutes.
- Serve with mashed potato.