



SPICED JACKFRUIT LOADED FRIES

Prep. time 25 minutes | Cooking time 30 minutes | Pre-heat 190°C | Serves 4

Wonderful, fully-loaded sweet potato fries to put a smile on your family's faces on a cold winter evening.

Ingredients

For the jackfruit

- 1 onion, chopped
- 1 clove garlic, crushed
- ½ red pepper, chopped
- ½ green pepper, chopped
- 1 teaspoon paprika
- 1 teaspoon cumin
- ½ teaspoon oregano
- Black pepper & salt
- Pinch of chilli powder
- Fresh coriander, chopped
- 4 tablespoons tomato puree
- 1 x can kidney beans, drained
- 1 x can jackfruit, drained and shredded

For the sweet potato fries

- 2 large sweet potatoes, peeled and cut into chips
- 1 tablespoon olive oil
- 1 teaspoon paprika
- Salt & pepper
- Bute Island Grated Cheddar Sheese



Cooking Method

Heat the oil in a large pan and cook the onion and garlic for 5 minutes. Add the spices, herbs and seasoning and continue cooking for 5-10 minutes until softened and fully coated. Add the tomato puree, kidney beans, jackfruit and coriander and continue cooking for 10 minutes then set aside.

Meanwhile preheat the oven to 190 degrees C. Mix together the sweet potato chips in the oil, paprika and seasoning then tip onto a baking tray and bake for 25 minutes. Place the sweet potato chips into the bottom of a dish, spoon over the jackfruit mixture then sprinkle over the grated Sheese.

Return to the oven for a further 5 minutes to allow the Sheese to melt – then serve up and enjoy!