



290 grams of
vegetables per
serving*

Jackfruit rendang with white cabbage

quick-cook rice, coriander and peanuts

Ever heard of jackfruit? This prickly fruit from Asia can weigh up to 55 kg and is one of the largest in the world. It is an excellent meat substitute because of its juicy taste and the bite of meat. That is why this exotic beauty can be found on the menu more and more often. Our jackfruit is already flavoured with rendang spices. Not only very tasty but it also contains lots of vitamins A and B and the minerals potassium and iron. We love it!

20 min | 762 kcal

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ORGANIC INGREDIENTS

| | | 1P | 2P | 3P | 4P |
|----------------------|------|------|-----|------|-----|
| White rice | g | 75 | 150 | 225 | 300 |
| Red onion | item | 1 | 2 | 2 | 3 |
| Bell pepper | g | 150 | 300 | 450 | 600 |
| Fresh coriander | item | 0.25 | 0.5 | 0.75 | 1 |
| White cabbage | g | 100 | 200 | 300 | 400 |
| Jackfruit curry | g | 100 | 200 | 300 | 400 |
| Peanuts | g | 15 | 25 | 25 | 50 |
| Mini papadums | g | 25 | 35 | 50 | 70 |
| <i>add yourself:</i> | | | | | |
| Olive oil | tbsp | 1 | 2 | 3 | 4 |
| Salt and pepper | | | | | |

**In organic cultivation, the vegetables supplied are more likely to vary in weight. To prevent waste, we sometimes adjust the quantities when packing. We guarantee 200-250 grams of vegetables per serving.*



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PREPARATION

1. Boil some water with a pinch of salt in a pan, then boil the rice for 12 to 15 minutes. Drain the water and set aside, covered.
2. Peel the onion and chop into wedges. Cut the pepper into strips. Chop the coriander coarsely.
3. Heat oil in a wok or frying pan and stir-fry the onion for 2 minutes. Add the white cabbage and stir-fry for a further 8 minutes. Add the pepper and fry for another 2 minutes. Season with half of the coriander, salt and pepper. Remove the vegetables from the pan and heat the jackfruit curry for 2-3 minutes in the same pan (or use another pan to heat the jackfruit).
4. Serve the rice with the jackfruit curry and the stir-fried vegetables. Garnish with the peanuts and the remaining coriander.

Tip: You can't see the papadums in the picture, but you can definitely munch on them with the dish!

Organic



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