

# BBQ Pulled Jackfruit Sandwich



Recipe makes: 4 sandwiches

Prep time: 90 minutes

Cook time: 25–30 minutes

## Ingredients

### BBQ pulled jackfruit

- 1 can (480 g) jackfruit in brine
- 1 cup (180 g) low protein barbecue sauce
- 1/2 cup (100 g) red onion, finely chopped
- 1 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp minced garlic
- 2 Tbsp water
- 1 Tbsp vegetable oil

### Low protein buns

- 3/4 cup (180 ml) warm water
- 2 Tbsp vegetable oil, divided
- 1 Tbsp (12 g) dried yeast
- 1 Tbsp (9 g) psyllium husk
- 1 Tbsp (12 g) sugar
- 2 1/4 cups (240 g) low protein flour

## Directions

### For the BBQ pulled jackfruit

- 1 Drain and rinse jackfruit, remove core and shred in a bowl.
- 2 Add barbecue sauce, onion, spices, and water; stir until jackfruit is coated.
- 3 Cover and place in the refrigerator to marinate for 1 hour.
- 4 While the jackfruit is marinating, make the low protein buns.
- 5 When ready to cook the jackfruit, heat oil in a large frying pan over medium-high heat.
- 6 Add jackfruit and cook for 10 minutes, stirring frequently.
- 7 Remove from heat and serve on a low protein bun.

### For the low protein buns

- 1 In a bowl add water, 1 Tbsp oil, yeast, psyllium husk, and sugar. Mix well and allow to stand for 5 minutes until mixture thickens.
- 2 Place low protein flour into a separate bowl. Stir and make a small well in the middle.
- 3 Add psyllium husk mixture to the flour. Use your hands to combine, until a dough is formed.
- 4 Knead dough for 3–5 minutes in the bowl. Cover with plastic wrap and leave to proof for 30 minutes.
- 5 Preheat oven to 400° F.
- 6 Line a baking tray with parchment.
- 7 Divide the dough into four equal parts; and shape each into a round bread bun.
- 8 Place buns on the lined baking tray, brushing the tops with oil.
- 9 Bake in the preheated oven for 25–30 minutes, or until browned and crisp. The bases should sound hollow when tapped. Cool on a wire rack.

### Nutrition Info Per Serving (1 sandwich):

Calories: 430 | Protein: 2.6 g | Phenylalanine: 78 mg | Leucine: 133 mg

Please check the suitability of this recipe for you with your healthcare professional.

Metabolic Pro database was used for the nutrition analysis.

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