

# JACKFRUIT STIR FRY

**Recipe makes**  
4 servings

**Prep time**  
10 minutes

**Cook time**  
10 minutes



## NUTRITION INFO PER SERVING (1/4 recipe)

**Calories** 220

**Protein** 3.2 g

**Phenylalanine** 111 mg

## INGREDIENTS

- 1/4 cup sesame oil
- 1 large onion, peeled, thinly sliced
- 2 medium-sized green peppers, deseeded, thinly sliced
- 3/4 cup fennel, thinly sliced
- 3/4 cup fresh mushrooms, thinly sliced
- 8 each baby corn, thinly sliced
- 3 cloves garlic, crushed
- 14 oz can jackfruit, drained and shredded
- 1 packet (0.75 oz) vegan stir fry seasoning mix

## DIRECTIONS

- 1 Heat oil in a large frying pan over medium heat; add sliced vegetables, garlic, and jackfruit. Cook for 5 minutes, stirring occasionally.
- 2 Add stir fry seasoning; cook for another minute and serve.

## SERVING SUGGESTION

Add some chili powder for a spicy kick!

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website [www.VitafloUSA.com](http://www.VitafloUSA.com) and follow us on Instagram [@vitaflousa](https://www.instagram.com/vitaflousa) and on facebook [@Vitaflo Vitafriends](https://www.facebook.com/VitafloVitafriends).

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2022 Nestlé.



Enhancing Lives Together  
A Nestlé Health Science Company