

# Pulled Jackfruit Burgers



Prep Time  
25 mins (+ 1.5 h)

Cook Time  
45 mins

Total Time  
70 mins (+1.5h)



Servings:  
4 people

Portions:  
8 small burgers



## Method

1. Using your hands, mix the yeast with the brown sugar and water. Let sit for 10 minutes.
2. Add the flour and oat milk. Knead into a soft dough.
3. Add the salt and melted margarine and knead for another 5 minutes. Grease a large bowl and let the dough rise for up to 1 hour.
4. Divide the dough into 8 equal pieces and form small balls. Place on a baking tray and let rise for another 30 minutes.
5. Preheat the oven to 190°C.
6. Brush the dough balls with some oat milk and sprinkle with sesame seeds. Bake for 15–20 minutes. Brush with melted margarine as soon as you take them out of the oven.
7. Grill the red pepper until the skin is black, put it in a plastic bag and let rest for 10 minutes. Peel the skin and cut the pepper into thin slices.
8. Drain the jackfruit. Finely chop the garlic and spring onion.

## Ingredients

### Burger Buns:

400 g spelt flour  
70 ml water  
7 g dried yeast  
20 g brown sugar  
135 ml oat milk  
1–2 tsp salt  
50 g margarine  
sesame seeds

### Pulled Jackfruit:

280 g tinned jackfruit (drained)  
1 garlic clove  
1 spring onion  
½ tbsp tomato paste  
1 tbsp apple vinegar  
1 tbsp Worcester sauce  
1 tbsp sugar  
400 g tomato cubes  
100 ml water

9. Heat some oil in a pan and fry the jackfruit, garlic, spring onion, tomato paste and smoked paprika powder for 3 minutes. Deglaze with apple vinegar, Worcester sauce, water and tomato cubes. Add the sugar, and season with salt and pepper. Set simmer for 30 minutes.

10. Halve the burger buns and grill for 2 minutes.

11. Smash the avocado with a fork. Cut the tomato into slices. Slice the courgette and grill for 2 minutes on each side in a grill pan.

12. Top the burger buns with some smashed avocado, tomato and courgette slices, barbecue sauce and the pulled jackfruit.

Enjoy!

|       |                        |
|-------|------------------------|
| 2 tsp | smoked paprika powder  |
| 1     | red pepper salt pepper |

Toppings:

|   |                |
|---|----------------|
| 1 | avocado        |
| 2 | tomatoes       |
| 1 | courgette      |
|   | barbecue sauce |