

On the beautiful island nation of Sri Lanka, **organic young jackfruit** is harvested while it is green, before its starch has time to change to sugar. Its fleshy interior and mild taste make an excellent base to carry the flavor of your favorite seasonings and star in your culinary creations. As it cooks, young jackfruit naturally shreds into the ideal structure for meatless pulled-pork and chicken-style recipes. We have packed this **Original** variety of **Native Forest® Organic Young Jackfruit** the traditional Sri Lankan way: in filtered water with a little organic lime juice and sea salt.

It's an excellent vegan option for people who enjoy the texture of meat in their plant-based recipes.

Directions: Drain, rinse and prepare (see recipe).

Refrigerate unused portion and enjoy within 4 days.

Vegan Jackfruit Not-Chick'n™ Salad

- 1 can Native Forest® Organic Young Jackfruit (drained & rinsed)
- 2 cubes Edward & Sons® Not Chick'n™ Bouillon Cubes
- 1/3 cup vegan mayonnaise

Chopped green onion, carrots, celery (to taste) Salt and pepper (to taste)

Put jackfruit in saucepan and cover with fresh water.

Boil until jackfruit starts to separate. Simmer 5-7 minutes.

Drain jackfruit and put back in pan. Add 1 cup water and 2 bouillon cubes. Bring to boil then simmer for 5 minutes, stirring regularly. Drain and put jackfruit into a bowl.

Add mayonnaise, salt & pepper (if desired) and mash while stirring well to break up bigger chunks. Add chopped veggies of choice. Serve with Brown Rice Snaps®, Exotic Rice Toast™; top your favorite salad or make a great sandwich!

See edwardandsonsrecipes.org for more delicious recipe ideas!



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 Edward & Sons A Family Owned Vegetarian Company Since 1978.
 Convenience Without Compromise®



SERVING SUGGESTION



NET WT. 6.1 LB 2.8kg
 DR WT. 3.7 LB 1.7kg

Nutrition Facts	
About 19 servings per container	
Serving Size 1/2 cup drained (89g)	
Amount per serving	% Daily Value*
Calories 30	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 7g	3%
Dietary Fiber 5g	17%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg 0%	Calcium 30mg 2%
Iron 0.5mg 2%	Potas. 180mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

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 Certified organic by QAI
 Product of Sri Lanka

Ingredients:
 Organic Young Jackfruit,
 Filtered Water,
 Sea Salt,
 Organic Lime Juice.

Sauté with onions, mushrooms and other fresh local vegetables.
 Add leafy greens and stir fry with your favorite sauce and Native Forest® Organic Bamboo Shoots, Baby Corn and Water Chestnuts.
 Use as a plant-based alternative in tacos.

Organic certification prohibits the use of GMOs and other unwelcome ingredients. Choosing organic foods benefits our farmers, our families and our planet.

Questions?
 email: custserv@edwardandsons.com

NON-BPA CAN (BPANI)

PREPARE & SERVE • RECIPE ON BACK

PLANT-BASED ALTERNATIVE