



**VEGETARIAN
EXPRESS**

Loaded Sriracha Jackfruit Baked Potatoes



Ingredients

- 4 very large baking potatoes
- 250g sriracha pulled jackfruit
- 60ml vegan mayonnaise
- 15ml coyo yoghurt
- 1 large red chilli, seeds removed, thinly sliced
- 50g fresh micro coriander cress
- 1 large fresh lime

Method | SERVES 4

- Preheat oven to 200°C/400°F.
- Place the jacket potatoes on a small baking sheet and place in the oven to cook for about an hour, or until cooked and soft.
- Meanwhile in a bowl, mix the mayonnaise, yoghurt and juice of 1/2 the lime together. Place in a squeeze bottle or piping bag and keep chilled in the fridge until required.
- When the potatoes are cooked, remove and allow to cool for 5 minutes while you heat the jackfruit in a pan.
- To serve, make a slit down the centre of each potato and lightly open them up.
- Divide the jackfruit mix into the centre of each potato, add some thinly sliced chilli, coriander and top with some of the prepared chilled lime yoghurt.
- Finally, grate a little lime zest over each potato and serve.

Typical Nutritional Values

	per 100g	serving 481g
Energy	544kJ 129Kcal	2614kJ 620kcal
Fat	3.8g	18.3g
of which Saturated	0.5g	2.4g
Carbohydrate	21g	101g
of which Sugars	5.4g	26g
Fibre	2.2g	10.6g
Protein	2.7g	13g
Salt	0.13g	0.6g

Suitable for: Vegan, Nut free,
Dairy free, Gluten free

Allergens: N/A

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using Chicken.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
125	8	743

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.