

ONE BITE

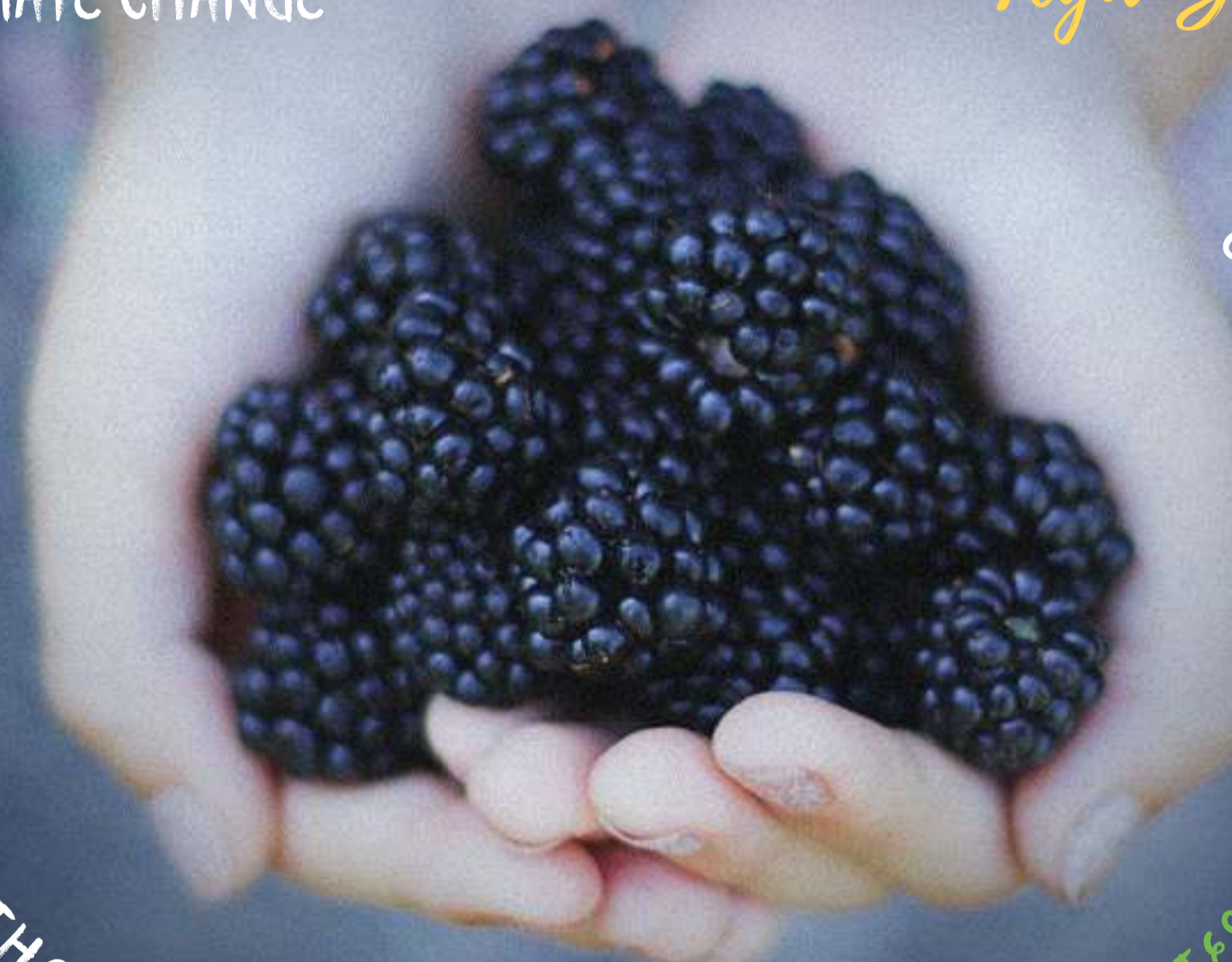
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Vegan Magazine

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EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

EASY VEGAN KUNG PAO JACKFRUIT

PREP TIME: 10 mins

COOK TIME: 15 mins

TOTAL TIME: 25 mins

YIELD: 4 servings

By Nico Rossetti

Taking just 15 minutes to cook, this easy vegan kung pao jackfruit is better than anything you'll get from a takeaway. The Thai birds eye chilies deliver a hot and spicy kick, while the red peppers tone it down with a layer of sweetness. It's clean-tasting and fresh, and not in any way greasy or heavy. Serve on its own with noodles or rice, or with a selection of other dishes as part of a more elaborate meal.

INGREDIENTS

- 125g (c. ½ cup) raw cashews
- 1 tbsp light (all-purpose) soy sauce
- ½ tbsp dark soy sauce
- 1 tsp rice vinegar
- 1 tsp sesame oil, divided
- 1 tsp palm sugar, finely-chopped
- 1 tsp cornflour (cornstarch)
- 4 tbsp water
- 2 tbsp neutral vegetable oil (e.g. Canola)
- 3 fresh bird's eye chilies, split and bruised
- 5 large cloves garlic, smashed
- 3cm (c.1") piece ginger, smashed
- 1 can jackfruit in brine, drained and rinsed, blotted dry, and shredded
- 1 large red pepper, cut into bite-sized pieces
- 3 very large spring onions (green onions), finely-sliced
- 1 tsp sesame seeds

INSTRUCTIONS

1. In a hot skillet over a high flame, dry-roast cashews for 2-4 minutes, until they start to turn brown.
2. Mix together the two soy sauces, rice vinegar, palm sugar, water, ½ tsp sesame oil, and cornflour. Set aside.
3. Heat your wok over a high flame, and fry the chilies, garlic, and ginger for 60 seconds in the vegetable oil.
4. Add the jackfruit and the red pepper, and stir-fry for 4-5 mins.
5. Give the sauce a shake to ensure it's all mixed together, stir it into the wok, and continue to stir-fry for another minute, until the sauce has thickened, and to ensure the cornflour is cooked through.
6. Mix in the dry-roasted cashews and sliced spring onions, fry for 30 seconds, just to warm them through.
7. Turn off the heat, stir in the rest of the sesame oil, and serve immediately, sprinkled with sesame seeds.

Nico Rossetti



Nico Rossetti is the recipe developer and blogger behind yumsome.com. Her website is full of delicious vegan recipes that are easy to make with readily-available ingredients. Nico's aim is to show her followers that vegan food can be delicious and doesn't have to be complicated to taste great.

Website: www.yumsome.com

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