KIKKOMAN

Teriyaki pulled jackfruit & rice bowl with avocado, and pepper salsa

Total time **35 mins** **15 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,747 kJ / 656 kcal

Fat: **29.2 g** Protein: **10.6 g**
Carbohydrates: **61.3 g**

INGREDIENTS

2 portion(s)

100 g	white rice
200 g	canned pulled jackfruit
4 tbsp	Kikkoman Teriyaki Marinade
50 g	tomato puree
1 tsp	ground coriander
1 tsp	ground cumin
0.25 tsp	ground ginger
1 tsp	chilli flakes
2 tbsp	olive oil
1	avocado
1 tsp	black sesame seeds
100 g	red pepper
100 g	green pepper
100 g	yellow pepper
1	glove garlic
1 tbsp	lemon juice
0.5 tsp	ground pepper
	fresh coriander

PREPARATION

Step 1

Boil the rice until tender.

Step 2

Rinse the pulled jackfruit and mix thoroughly with the Kikkoman teriyaki marinade, tomato puree and spices. Fry everything in olive oil.

Step 3

Dice the peppers into small cubes. Together with the chopped garlic, fry briefly in olive oil. Season with lemon juice, Kikkoman teriyaki marinade, pepper, cumin and fresh coriander. Peel the avocado, cut into slices and sprinkle with sesame seeds.

Step 4

Divide the cooked rice between 2 bowls and serve with the toppings.