

Jackfruit and Pea Mornay

Ingredients

Sauce

2 tbsp olive oil
½ cup besan flour
½ cup nutritional yeast
½ tsp each of turmeric, paprika, cayenne
1 tsp salt
2 tsp Dijon mustard
2 cups (or possibly more) almond or soy milk
Pepper and more salt to taste if needed

1 can jackfruit
1 red onion finely diced
240g cooked chickpeas
2 sheets of nori roll
2 cups broccoli cut into small pieces
2 cups peas
2 corn cobs kernels taken
2 cups basmati rice

Sprinkle

½ cup macadamias
½ cup nutritional yeast

Method

1. Cook the rice as you normally would do so it is nice and fluffy. Let sit.
2. Strain the jackfruit from the can and shred off all the loose pieces and cut the cores in half or thirds.
3. Crumble up the nori sheets super fine or alternatively put them in a coffee or spice grinder to get nice and fine then add them to the jackfruit with ½ cup water..
4. Mash the chickpeas and add them to the jackfruit.
5. Steam the corn for a few minutes then add the broccoli and peas to the steamer and steam for a further 5 minutes.
6. Mix the jackfruit, chickpeas and steamed vegetables together.
7. Make the sauce by putting the oil in a saucepan then heat for a couple of minutes and add the flour and stir.
8. Gradually add the milk to the flour and stir until it thickens adding more milk if needed.
9. Stir in the turmeric, paprika, cayenne, salt, mustard, pepper and nutritional yeast and cook for a few more minutes.
10. Mix the sauce through the jackfruit, chickpea mixture and test for seasoning adding more salt and pepper if needed.
11. Lay the rice into a baking dish and then spoon on the jackfruit chickpea mixture and place the macadamia sprinkle on top.
12. Bake in 180°C oven for 30 minutes or until warmed through. Meanwhile prepare the macadamia sprinkle by chopping the macadamias really small and mixing with the ½ cup nutritional yeast.
13. Serve with a salad.

Thanks to Zoe and Clare for this marvellous recipe



veet's
Vegan

COOKING SCHOOL

Veet's Vegan Cooking School | www.veets.com.au | © Copyright