

## Jackfruit

### An upcoming meat alternative, high in fibres, low in calories

The green jackfruit is the unripe fruit of the jackfruit tree (*Artocarpus heterophyllus*). The fruits are peeled and preserved in cans. In Asia green jackfruit is prepared alike fresh vegetables, e. g. as a tasty addition to the famous thai currys. Thanks to its naturally meaty texture jackfruit is used to replace meat and enjoys growing popularity with vegetarians and vegans.



Jackfruit tree

#### Be creative!

The green jackfruit can be used in manifold dishes – as **burger patty**, **vegan pizza topping** or as an **addition to salad**. Moreover it is a **great new alternative to meat in every dish**.



Jackfruits



**We'd like to send you further information and samples!**

Please address your contact at Henry Lamotte Food GmbH or write to [HL-info@lamotte-food.de](mailto:HL-info@lamotte-food.de).