NEIL MACKENZIE’S VEGAN BOX
JACKFRUIT, COURGETTE CASSEROLE & ROAST POTATOES

Ingredients

<table>
<thead>
<tr>
<th>150g jackfruit</th>
<th>80g cannellini beans</th>
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<tbody>
<tr>
<td>100g courgette</td>
<td>1 clove of garlic</td>
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<tr>
<td>200g passata</td>
<td>70g red pepper</td>
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<tr>
<td>Salt &amp; pepper to taste</td>
<td>250g new potatoes</td>
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<tr>
<td>50g onion</td>
<td>100ml oil</td>
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Directions

1 | Cut the new potatoes in half, place in a bowl & drizzle with 80ml of the oil.
2 | Season with salt, place on a tray and roast in the oven set at 180 C for 20 minutes until golden brown (keep warm).
3 | Drain the jackfruit and cut in half.
4 | Cut the courgette in large pieces
5 | Peel and chop the onion.
6 | Chop the red pepper
7 | Peel and finely chop the garlic.
8 | Drain the beans.
9 | In a large pot, add the 20 ml oil and fry the onion and garlic for 2 minutes, then add the red pepper, courgette and cook for another 2 minutes.
10 | Add the passata and the jackfruit and cook for 10 minutes, then add the beans and season to taste.
11 | Simmer for 2 minutes.
12 | Serve with the roast potatoes on a large plate and enjoy!