



Mexican salsa jackfruit and potato soft shell tacos

with corn salsa and chipotle mayo



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, medium frying pan



Pantry items needed: olive oil, salt



Hands-on: 20 minutes
Ready in: 25 minutes



Serves: 2 or 4

A fresh new take on the humble midweek taco featuring Jack Man's Mexican salsa jackfruit served in Maria Dias' handmade corn tortillas. Loaded with crispy baked potatoes, corn salsa and our house-made chipotle mayo.

NO ADDED GLUTEN | CALORIE SMART

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Potato	300g	600g
Olive oil*	1 tbsp	2 tbsp
Salt*	½ tsp	1 tsp
Corn kernels	1 can	2 cans
Spring onion	30g	60g
Cherry tomatoes	90g	180g
Mexican salsa jackfruit	1 packet	2 packets
Corn tortillas	1 packet	2 packets
Chipotle mayonnaise	1 tub	1 tub

* *Pantry items*

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Bake potato

Preheat oven to 210°C and line a baking tray. Peel and dice **potato** into 1cm cubes. Add **potato** to prepared baking tray, drizzle over **olive oil*** and toss to coat. Bake until golden brown, about **15 minutes**, tossing halfway through.

2. Make corn salsa

Drain and rinse **corn kernels**. Thinly slice **spring onion**. Dice **cherry tomatoes**. In a bowl, add **corn**, **spring onion** and **tomatoes** and stir to combine.

3. Cook jackfruit

Using 2 forks, shred **jackfruit**. In a medium frying pan over medium heat, add **Mexican salsa jackfruit** and **salt*** and cook until hot, about **3 minutes**.

4. Warm tortillas

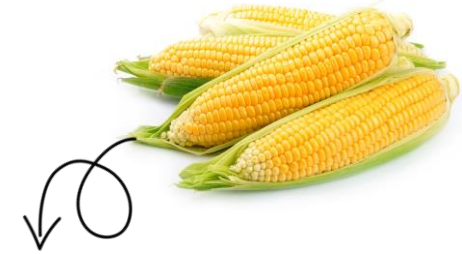
If you have a gas stove, you can warm **tortillas** directly over a low open flame. Using heatproof tongs, place **tortilla** over flame and warm for about **5 seconds** on each side.

Alternatively, heat a large frying pan over high heat. When hot, place two **tortillas** into the pan so that they are not overlapping and heat until they start to lift slightly off the pan, about **15 seconds** on each side. Repeat until all **tortillas** have been heated. Keep **tortillas** warm by stacking on top of each other on a plate covered with foil.

5. Serve

Fill tortillas with **potato**, **jackfruit** and **corn salsa**. Top with **chipotle mayonnaise**.

Eat your way
to healthy!



Corn is rich in fibre and vitamin C. It also contains many other vitamins as well as minerals and antioxidants, including vitamin C, A, B3, B5, B6, B9, E and K, magnesium, manganese, potassium, zinc, copper and iron.

Corn has been linked to better gut health, improved heart and eye health, lower blood pressure and lower risk of certain cancers and type 2 diabetes.

Nutritional information*

	Per 445g serve	Per 100g
Energy	4780kJ (1140Cal)	1210kJ (289Cal)
Protein	18.2g	4.6g
Fat, total	60.7g	15.4g
- Saturated	6.0g	1.5g
Carbohydrate	125.0g	31.6g
- Sugars	7.80g	2.0g
Sodium	691mg	175mg

* *Nutritional information is based on averages*