

A top-down view of a white plate with a light blue wash. The plate contains a chicken salad made of shredded white meat, pickles, and sliced red onions. A slice of whole-grain bread is on the right. The background is a dark wood surface.

TUESDAY
DINNER

TETROGEN

Prep Time: 5-10 Mins

INGREDIENTS

- 1 x 400g tin of unripe green jackfruit
- 1 red onion
- 2 cloves of garlic
- 3 scallions
- 150ml vegan mayonnaise
- Sea salt
- A pinch of freshly ground black pepper
- 5 small gherkins (optional)

DIRECTIONS

1. Drain the jackfruit and rinse off all the brine in a colander. Using your hands, break the jackfruit apart into a bowl, removing any very fibrous bits that would be too chewy.
2. Peel and finely slice the onion and garlic, and finely chop the scallions. Add these to the jackfruit along with the vegan mayonnaise, salt and black pepper. Mix well, using a spoon.
3. If using, chop up the gherkins and mix them through to give your salad some crunch and zing.
4. Enjoy in a toasted sandwich, with fresh leaves, tomato and a little avocado.