



Jolly Fine Recipe

GR V and Easy No Worry Veggie Curry Gourmet Vegan Sauce Mix Recipe

(Vegetable & Jackfruit Curry)

Recipe

Ingredient	Amount (g)
Jackfruit	1 Tin drained (400g)
Onion, diced	1
Chopped Sweet Potatoes	450g
Sliced Red pepper	1
Sliced Green pepper	1
Sliced Yellow pepper	1
Chopped Tomatoes	1 tin (400g)
Water	200ml
Chopped Coriander to garnish (optional)***	15g
GR V and Easy No Worry Veggie Curry Sauce Mix	75g

Method

1. Drain the Jackfruit and add to your slow cooker pot with the peppers, onions, sweet potatoes and chopped tomatoes.
2. Blend the No Worry Veggie Curry Sauce Mix with the water, add to the slow cooker pot, stir thoroughly.
3. Cover and cook for 4 hours on HIGH or 8 hours on LOW or until the vegetables are tender and cooked thorough (keep covered during cooking, cooking times may vary between slow cooker models)
4. Remove the lid and stand for 5 minutes before serving.

*** Garnish with chopped coriander if desired.



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