

Levi Roots - Reggae Reggae Jackfruit Burger with Sweet Potato Wedges

Jackfruit cooked with Reggae Reggae Sauce is a flavour-packed sumptuous treat, just as good as traditional pulled pork, making it perfect for this easy vegan burger! Serve with crispy, spiced potato wedges for the ideal burger night meal.

Meal Type: Lunch/ Dinner

Servings: 4

Prep Time: Medium

Cook Time: 40 min

Cuisine: Caribbean

Ingredients

Levi Roots Reggae Reggae Jerk BBQ Sauce, to serve

800g of Jackfruit in Water

5 Sweet Potatoes

1 tsp of Cumin Seeds

1 tsp of Cumin Seeds

½ tsp of Red Chilli Flakes

¼ Garlic

5g of Thyme

1 tsp of Sea Salt

3 tbsp of Olive Oil

4 Burger Buns

1 Gem Lettuce

Salt, to taste

Method

For the sweet potato wedges, pre-heat the oven to 200c/180c Fan.

Wash and dry the potatoes, then cut them into wedges and place them in a large bowl.

Place the spices, along with the garlic, thyme and sea salt, in a pestle and mortar and grind to a fine mix.

Add the oil to the mix and combine. Check the seasoning and adjust if necessary.

Add the mix to the potato wedges. Toss to ensure they are well coated. Line a roasting tin with non-stick baking paper.

Put the wedges into the roasting tin and place them in the oven for 30 minutes until golden and cooked through.

For the burger, slice the red pepper and drain the jackfruit.

Bring to the boil and then turn the heat to low and put a lid on. Cook for 10 minutes or until all the water is absorbed.

Heat the oil in a pan. Sauté the pepper and jackfruit for 3 minutes or until they start to release their flavours.

Add the Reggae Reggae Sauce to the pan. Cook the sauce and vegetables on a low heat for 15 minutes or until the sauce is almost absorbed.

Check the seasoning and adjust if necessary.

While the vegetables are cooking, slice the burger buns in half and warm them in a hot pan.

When you are ready to serve, line the base of your burgers with Reggae Reggae Sauce, top with gem lettuce, jackfruit and, finally, the other bun half.

Serve the burger with crispy potato wedges and extra Reggae Reggae Sauce for dipping.