

MEATLESS PEKING DUCK POPIAH



2 servings



Prep: 10 min



Cook: 20 min



INGREDIENTS

300g	Jackfruit, fresh & deseeded
½ tsp	Cooking oil
1 tsp	Chinese Five Spice Powder
2 cloves	Garlic, chopped
1 tbsp	Hoisin Sauce
80g	Cucumber, deseeded & julienned
50g	Cantaloupe, julienned
4 pcs	Egg popiah skin

METHODS

1. Using your hands, shred the jackfruit pieces onto a clean kitchen paper and pat dry.
2. Heat oil in a large frying pan.
3. When hot, add the jackfruit and fry for about 10 mins or until the edges start to crisp.
3. Reduce heat to medium and add five spices, garlic and fry until fragrant.
4. Stir in hoisin sauce and mix well. Set aside.
5. Place popiah skin on a flat surface and put the jackfruit “duck” in the middle, followed by julienned cucumber and cantaloupe.
6. Roll the popiah as desired and enjoy!

Tip:

- To further increase your fibre intake, try swapping your egg popiah skin to whole meal tortilla wrap instead



MEATLESS
MONDAY

Nutrition Information (per serving)

Energy 206kcal, Carbohydrate 38.7g, Protein 5.0g, Fats 2.2g, Saturated Fats 0.5g, Polyunsaturated Fats 0.6g, Monounsaturated Fats 0.9g, Cholesterol 4.8mg, Dietary Fibre 6.5g, Sodium 377mg, Potassium 678mg, Phosphate 56mg

