

JACK FRUIT

The jackfruit (*Artocarpus heterophyllus*), also known as jack tree, is a species of tree in the fig, mulberry, and breadfruit family (Moraceae). Its origin is in the region between the Western Ghats of southern India, all of Sri Lanka and the rainforests of Malaysia.

The jack tree is well-suited to tropical lowlands, and is widely cultivated throughout tropical regions of the world. It bears the largest fruit of all trees, reaching as much as 55 kg (120 pounds) in weight, 90 cm (35 inches) in length, and 50 cm (20 inches) in diameter. A mature jack tree produces some 200 fruits per year, with older trees bearing up to 500 fruits in a year. The jackfruit is a multiple fruit composed of hundreds to thousands of individual flowers, and the fleshy petals of the unripe fruit are eaten. The ripe fruit is sweet (depending on variety) and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a "vegetable meat".

Jackfruit is commonly used in South and South-east Asian cuisines. Both ripe and unripe fruits are consumed. The jackfruit is the national fruit of Bangladesh and Sri Lanka, and the state fruit of the Indian states of Karnataka, Kerala and Tamil Nadu. It is available internationally canned or frozen and in chilled meals as are various products derived from the fruit such as noodles and chips.



JACKFRUIT PRODUCTS



Jackfruit Chips



**Jackfruit chicken
Fride**



Jackfruit Pizza



Jackfruit Curry

JACKFRUIT BURGER



Lettuce



Jackfruit
Curry



Onion



Bun

Ingredients

4 Bakers Delight
Sourdough Rolls

1 tin jackfruit
1 tbsp olive oil

1 tin pineapple rings
1 small red onion

Cos lettuce

1/2 cup BBQ sauce

2 tomatoes
Mayonaise
BBQ spices

SWEET JACKFRUIT



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Eco Nutrena Original Organic Young Jackfruit



Eco Nutrena Original Organic Young Jackfruit is picked before its starch changes into sugar making it's neutral flavor and 'meaty' texture a great meatless alternative for plant - based dishes.

it makes an excellent vegan, soy and gluten free substitute for meat in numerous recipes of your favourite dishes. As jackfruit is cooked it begins to flake or shred into the ideal texture for vegan pulled pork and meatless recipes. It has a very mild flavour, making young jackfruit an excellent base to carry many different sauces and seasonings.

Organic Young Jackfruit



Eco Nutrena Organic Young Jackfruit is grown by dedicated Sri lankan farmers and harvested before its starch changes to sugar. Its freshly interior and mild taste make an excellent base to carry the flavor of your creations. As it cooks, young jackfruit naturally shreds into the ideal structure for meatless pulled- pork and chicken-style recipes.





ORIGINAL

PREPARE & SERVE
RECIPE ON BACK

We have packed this **Original** variety of organic young jackfruit the traditional Srilankan way: in filtered water with a little organic lime juice and salt. It's an excellent vegan option for people who enjoy the texture of meat in their plant-based recipes.

SODIUM FREE

PREPARE & SERVE
RECIPE ON BACK

We have packed this **SODIUM FREE** variety of organic young jackfruit in filtered water with no other ingredients. It's an excellent vegan option for people who enjoy the texture of meat in their plant-based recipes.

RED CURRY

JUST
HEAT & SERVE

To create Eco Nutrena organic young Jackfruit-Red curry with organic coconut milk and regional organic spices, following a time-tested family recipes.

YELLOW CURRY

JUST
HEAT & SERVE

To create Eco Nutrena organic young Jackfruit-Yellow curry with organic coconut milk and regional organic spices, c following a time-tested family recipes.

BARBECUE

JUST
HEAT & SERVE

Eco Nutrena organic young jackfruit Barbecue is crafted from the finest organic ingredients. Our delicious meatless specialty is reminiscent of pulled pork smothred in a rich, tangy sauce with smoky accents.

ORIGINAL

- Ingrrredients -

Organic Young Jack
fruit, Water, Sea salt,

SODIUM FREE

- Ingrrredients -

Organic Young Jack
fruit, Sea salt, Water

RED CURRY

- Ingrrredients -

Young Jack fruit,
Coconut milk,
Rosted Cariander,
Rosted Cumin,
Roasted Dill, Seed,
Turmeric, Onion,
Garlic, Cinnamon, Ginger

YELLOW CURRY

- Ingrrredients -

Young Jack fruit,
Coconut milk, Cariander,
Cumin, Turmeric Dill Seed,
Onion, Garlic, Cinnamon,
Curry

BARBECUE

- Ingrrredients -

Young Jack fruit, Tomato,
Sauce, Vinegar, Tamarind,
Black Papper, Chili powder,
Clove Powder, Salt, Organic
Ingredients

Our Products



**Jack fruit
MILD CURRY**



**Jack fruit
YELLOW CURRY**



**Jack fruit
HOT CURRY**



**Jack fruit
RED CURRY**



**Sweet Jack fruit
With Coconut Sugar**



**Baby Jack fruit
CHUNKS**



**Baby Jack fruit
SLICES**



**Baby Jack fruit
CHUNKS
Hot & Spicy**



**Baby Jack fruit
PEPPER and TURMERIC
MIX**



**Baby Jack fruit
SLICES**



**Baby Jack fruit
CHUNKS**



**Baby Jack fruit
Pepper and Turmeric Mix**



Sweet Jack fruit

éconutrena

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