

Vegan Vietnamese Jackfruit Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-jackfruit-salad-recipe>

Ingredients:

- 1 can jackfruit young green, 17-ounce/482-gram
- 1 tablespoon vegetable oil
- 1/4 pound oyster mushrooms cut into bite-size pieces
- 1/2 medium carrot cut into matchsticks, shredded, or julienned
- 1/2 white onion small, sliced very thinly
- 1/4 cup fresh cilantro chopped
- 1/4 cup fresh mint chopped
- 1/4 cup fresh basil chopped
- salt
- pepper
- 2 tablespoons sugar or other sweetener, I used maple syrup
- 1/4 cup water
- 2 tablespoons rice vinegar
- 1 teaspoon soy sauce
- 4 teaspoons fresh lime juice
- 1/4 teaspoon salt
- 1 red Fresno chili peppers seeds removed and chopped very finely (or 1 fresh bird's eye chile or 1/2 fresh long red chile pepper)
- 1 clove garlic chopped finely
- 1 tablespoon toasted sesame seeds
- 2 tablespoons fried shallots
- 2 rice crackers Vietnamese sesame
- 1 rice crackers pack Japanese sesame
- 1 bag tortilla chips
- 8 papadums plain
- 8 vietnamese rice paper summer roll wrappers, quantity depends on the size

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 56 grams
3. Fat: 19 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 620 milligrams
8. Sugar: 8 grams

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