

# Vegan 'Tuna' Pasta

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## Ingredients

2 cans jackfruit  
½ portion of vegan fish sauce <https://www.veets.com.au/blog/green-papaya-salad>  
1 sheet nori roll  
400g tomatoes diced or a tin of tomatoes  
3 tbsps cashew sour cream <https://www.veets.com.au/blog/zucchini-carrot-soup-cashew-sour-cream>  
2 tsp dried basil or ½ cup fresh basil  
Salt and pepper  
1 chili (optional)  
2 medium onions very finely diced  
6 small cloves garlic minced  
Splash of olive oil or you can use water  
½ head of broccoli cut up small  
80-100g spaghetti per person  
Macadamia and pepita sprinkle <https://www.veets.com.au/blog/non-dairy-sprinkles>

## Method

1. Make the vegan fish sauce. Drain the jackfruit from the brine and pull off the strips of jackfruit from the hardish core and remove the oval bits too. You can use these bits in a curry the next day or freeze for another time.
2. Place half the strips of jackfruit in a container and pour over half the vegan fish sauce then put half of the nori sheet on top of the jackfruit. Do the same with the remaining jackfruit, fish sauce and nori sheet. Place a lid on the container and put it in the fridge overnight or for at least 6 hours.
3. Fry up the onion in the oil or water for a few minutes adding salt, then add the garlic, chilli (if using), basil and tomatoes. Place a lid on top and bring to the boil then let simmer for 10 to 15 minutes or until all the tomatoes are broken down.
4. Add the jackfruit, breaking up the nori and adding that too, cook for 5 to 10 minutes.
5. Cook the pasta to packet instructions and steam the broccoli. Add the broccoli to the jackfruit mix. Add the cashew sour cream and if too thick thin a little with water. Taste for salt and pepper and adjust to your taste.
6. Serve the pasta with the jackfruit sauce and sprinkle.



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