

Beetroot chips with ras el hanout jackfruit souvlaki

Search:

- [Vegetables](#)
- [Recipes](#)

Beetroot chips with ras el hanout jackfruit souvlaki

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Beetroot chips with ras el hanout jackfruit souvlaki



Rate this recipe

0 people are cooking this [Count me in](#)

Try this fresh summer feast that's perfect for any food lover.

Ingredients (serves 4)

For the beetroot chips

- 2 large beetroots (peeled)
- 2 tbsp coconut oil
- Large pinch salt
- Pinch cracked black pepper
- For the ras el hanout jackfruit
- 500 g tin jackfruit in brine (drained, rinsed)
- 2 tbsp coconut oil
- 1–2 tbsp ras el hanout spice

To serve

- 4 gluten-free wraps
- 1 cup rocket (washed)
- 8 slices grilled halloumi

Beetroot chips with ras el hanout jackfruit souvlaki

- 4 tbsp hummus
- 4 tbsp tzatziki
- Chilli sauce and garlic, if desired!

Method

Start by cutting the beetroots into chip-size pieces. Place onto a lined baking tray in a preheated 180°C oven and coat with the coconut oil, salt and pepper.

Allow to cook until crisp on the outside and soft in the middle (around 30 minutes).

For the jackfruit-style souvlaki meat, place the jackfruit, coconut oil and ras el hanout spice into a small saucepan. Cook for 20 minutes or until coated and warmed through. Add in 1 tbsp water at a time if needed or jackfruit begins to stick.

To serve, grab a gluten-free wrap and place in 2 slices grilled halloumi, ¼ cup of rocket, 3 to 4 beetroot chips and a portion of the jackfruit meat. Top with 1 tbsp each of tzatziki, hummus and chilli or garlic sauce and enjoy immediately.

Recipe by Kate Bradley, [Kenko Kitchen](#).

NEXT: For more gluten and dairy free summer goodness try the [fish and triple cooked chips](#) by Kenko Kitchen.

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { c_obj.fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```