

Swedish Kebab Roll



Do you ever long for some comfort food, even though you don't want to eat junk food? Then this recipe is for you. A healthy, vegan Swedish kebab roll. This is seriously delicious!

Servings: 2

Kebab Bread

4 dl chickpea flour
2 dl tapioca flour
4 dl water
0.5 tsp sea salt

Kebab Meat

Kebab Meat:

400 g green jackfruit

Marinade:

2 tsp cumin
2 tsp paprika
2 tsp onion powder
2 tsp garlic powder
2 tsp oregano
1 tsp chili powder
1 tsp cayenne
4 tbsp tomato puree
4 tbsp maple syrup
sea salt
black pepper

Kebab Sauce

Cashew cream:

2 dl cashews
1 dl sunflower seeds
5 tbsp lemon juice
2 cloves of garlic
1 dl water

Sambal Oelek:

80 g red chili
2 tbsp grated ginger
3 tbsp lemon juice
1 tbsp olive oil
2 tbsp coconut sugar
0.5 tsp sea salt

Filling

romaine lettuce
tomato
red onion

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INSTRUCTIONS

Kebab Bread

1. Put all the ingredients in a food processor and mix well.
2. The texture should be similar to a pancake batter.
3. Heat a ceramic frying pan on medium heat and take about 1.25 dl of the batter at a time. Fry for 2 minutes on one side, turn and fry for another minute.
4. Place them on a plate with parchment paper in between. Then let them cool completely. They become softer and more pliable as they cool.

Kebab Meat

1. Open the can with jackfruit, pour out the liquid and rinse the fruit thoroughly under running water. Take out the seeds and separate the meat. Set aside.
2. Mix all the ingredients for the marinade in a bowl. Stir well.
3. Take half of the marinade and mix the jackfruit into it.
4. Place in an ovenproof dish and bake in the oven at 225 degrees Celsius for 20 minutes.
5. When the jackfruit is ready, take it out and mix with the rest of the marinade.

Kebab Sauce

1. Start by making the cashew cream by putting all the ingredients in a blender. If necessary, add a little more water.
2. Transfer to a bowl and set aside.
3. Make sambal oelek by putting all the ingredients in a food processor.
4. Transfer to a bowl.
5. Mix your kebab sauce to the strength you prefer. (Mild sauce: 1 dl cashew cream + 1 tbsp sambal oelek. Strong sauce: 1 dl cashew cream + 2 tbsp sambal oelek)

Filling

1. Rinse the salad and chop it.
2. Slice the tomatoes and the red onion.
3. Set aside.

Putting it all together

1. Now it's time to create your roll. Spread kebab sauce on the bread. Then fill with kebab meat, romaine lettuce, tomato and red onion.
2. Fold up the bottom and then roll in the sides. Then roll in half a parchment paper to keep everything in place.

You can store the bread in the fridge for up to three days. Wrap the plate in plastic. They will dry out a bit, but just heat them in the frying pan for about 30 seconds on each side and they will be soft and pliable again. You can also freeze them.

I usually freeze the remaining sambal oelek in tablespoon sizes. That makes it really easy for me the next time I want to make the kebab sauce.

Make sure that the jackfruit has clean ingredients. The one I buy only has jackfruit, water, lime juice and sea salt.