

Vegan Meal Prep Monday

Jackfruit "Chic'N" Salad Wonton Cups

Ingredients:

2 Cans of Young Jackfruit (water)
Vegan Mayo
2 Stalks of Celery
2 Roma Tomatoes
1/2 Bunch Parsley
Rotisserie Seasoning
1/2 Red Onion
1 Tbsp Avocado Oil
Wonton Wrappers

Tools needed:

Cupcake Tin
Skillet
Mixing Bowl
Parchment Cups

****Items that can be prepped beforehand****

Dice Red onion, celery, tomatoes, and chop parsley
Cauliflower Steaks and Vegan Mushroom Gravy

Ingredients:

Steaks
1 Head of Cauliflower (sliced into "steaks")
1 Cup of Non-Dairy Milk of your choice
3/4 Cup of Flour (also Gluten free flour can be used as well)
1/2 Cup of Cornstarch
Rotisserie Seasoning
2 Packages of Panko Crumbs

