

VEGAN BBQ PULLED JACKFRUIT

INGREDIENTS

- » [400g tin of Essential Young Jackfruit in Salted Water](#)
- » 1 Brown Onion, chopped
- » 3 Cloves Garlic, minced
- » [2 tsp Paprika](#)
- » [2 tsp Brown Sugar](#)
- » [1½ tsp Smoked Paprika](#)
- » [½ tsp Ground Cumin](#)
- » [Pinch Chilli Flakes \(optional\)](#)
- » [180ml BBQ Sauce](#)
- » [60ml Vegetable Stock](#)
- » [1 tbsp Lime Juice](#)
- » [1 tbsp Olive Oil](#)



METHOD

Begin by draining and rinsing the jackfruit well. Remove the cores from the jackfruit and place in a mixing bowl. Stir in the paprika, brown sugar, smoked paprika, ground cumin, and mix well.

In a pan, heat the olive oil over a medium-high heat and add the chopped onions. Cook the onions for around 3-4 minutes until they are golden and translucent. Now add the chopped garlic and cook for a further minute or two.

Reduce to a medium heat and add the jackfruit to the pan. Cook for around 4-5 minutes and then pour in the BBQ sauce, vegetable bouillon, and lime juice. If you like a bit of spice, sprinkle over a pinch of chilli flakes. Leave this to simmer for 20 minutes and stir occasionally.

Once the sauce has reduced in the pan, pull the jackfruit apart by either using two forks or by using a masher.

Serve the jackfruit with fresh crunchy coleslaw in sandwiches with some lettuce and garlic aioli.