

# LOVE THY CARROT

*real food made with love*

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## JACKFRUIT - 2 RECIPES

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### BBQ JACKFRUIT

This recipe makes 4 generous servings

#### INGREDIENTS FOR THE JACKFRUIT

2 14-ounce cans of young green jackfruit in water  
2 tbsp brown sugar  
1 tbsp oil, (I use grapeseed or canola)  
1 tsp paprika  
1/2 tsp chili powder  
1 tsp garlic powder  
1/2 tsp salt  
1/2 tsp pepper  
3/4 cup BBQ sauce, use your favourite brand

#### INGREDIENTS FOR THE SLAW

2 cups shredded cabbage  
1 carrot, shredded  
1/2 ripe avocado  
1 tbsp maple syrup  
1 tbsp lemon or lime juice  
1 tbsp oil  
pinch of salt  
pinch of pepper

#### FOR SERVING

Your favourite buns

#### DIRECTIONS

1. Rinse, drain, and dry the jackfruit well between 2 pieces of paper towels. Chop off the core portion of the fruit and discard. Place in a large mixing bowl and set aside.
2. In a medium size bowl, mix together BBQ seasoning and add to jackfruit. Toss to coat.
3. Heat a large skillet over medium heat, once hot, add oil and seasoned jackfruit. Toss to coat and cook for 2-3 minutes.
4. Add the BBQ sauce, if too thick you can thin with a bit of water to make it saucy. Stir and reduce heat to low- medium and cook covered for about 20 to 30 minutes, stirring occasionally.

5. While the jackfruit is cooking you can make slaw. Start by making the dressing; whisk together the maple syrup, lemon or lime juice, oil, salt and pepper. Pour dressing over the cabbage, carrots and avocado and toss to coat. Place in the refrigerator until ready to serve.
6. To serve place a spoonful of slaw on the bottom buns, top with a generous serving of the BBQ jackfruit.

## COOKS NOTES

For finer texture, use two forks to shred the jackfruit, you can do this while it is cooking.

You can store any leftover jackfruit in the fridge for a few days, though best when fresh.

Make sure to purchase canned jackfruit that says “in brine” as opposed to “in syrup.”

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## JACKFRUIT TUNA SALAD

This recipe makes 2 - 3 servings

## INGREDIENTS

- 1 14-ounce can of young green jackfruit in water
- 2 medium stalks celery, finely chopped
- 1/4 cup red onion, finely chopped
- 1/2 cup finely chopped red, green or yellow pepper
- 3 tbsp vegan or any mayo you like
- 1 tsp yellow mustard
- 2 to 3 tsp fresh dill, finely chopped
- 2 tsp fresh lemon juice
- 1/2 tsp smoked paprika
- 1/4 tsp salt, or more to taste
- 1/2 dill pickled, finely chopped, (optional, but adds a bit of tanginess and crunch)
- Freshly ground black pepper, to taste

## DIRECTIONS

1. Rinse, drain, and dry the jackfruit well between 2 pieces of paper towels. Chop off the core portion of the fruit and discard. If not already chopped, chop into bite sized chunks.
2. Put the jackfruit in a medium mixing bowl and add the rest of the ingredients and mix until fully combined. Taste and adjust seasoning. I like to let the mixture sit in the fridge for at least 30 minutes to let the flavours develop.
3. Serve in a sandwich or on top of your favourite greens.

## COOKS NOTES

Leftovers can be refrigerated in an airtight container for 3 to 4 days.

Make sure to purchase canned jackfruit that says “in brine” as opposed to “in syrup.”