

Pulled Jackfruit Sandwiches

Swick

Serves 1 | Active Time: 25 minutes | Total Time:

Chef's Notes

Nutritionals for one serving on a burger bun:

Calories 405 | Total Fat 9g | Saturated Fat 1.4g | Cholesterol 1mg | Sodium 1151mg | Total Carbohydrate 71.8g | Dietary Fiber 10.1g | Total Sugars 24.4g | Protein 10.2g | Vitamin D 0mcg | Calcium 28mg | Iron 5mg | Potassium 209mg |

Step 1: Make the Sandwiches

- 2 cans of young green jackfruit, rinsed and drained
- 1 tbsp brown sugar
- 2 tsp paprika powder
- 1 tsp garlic powder
- 1 tsp oregano
- 1/2 tsp cumin
- 1/4 tsp chili powder
- 2 tbsp vegetable oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 cup of BBQ sauce
- 1 tsp white wine vinegar
- salt and pepper to taste
- 4 burger buns
- lettuce leaves
- coleslaw
- condiments of your choice (BBQ sauce, ketchup, vegan mayo, vegan tzatziki, etc)

Mix together jackfruit with sugar, paprika, garlic powder, oregano, cumin, chili, and a pinch of salt and pepper.

Heat oil in a skillet, then add onions, and cook for 5 minutes, stirring occasionally. Add garlic and jackfruit, and cook for another 3-5 minutes, until jackfruit starts to soften and brown.

Pour BBQ sauce over jackfruit, and cook for 10 more minutes over low heat, stirring occasionally, until jackfruit is tender, and the sauce thickens. Add a little water, while cooking, if you prefer saucier and juicier pulled jackfruit. Add vinegar, taste, and adjust seasoning if needed.

Serve pulled jackfruit over buns with lettuce, coleslaw, and condiments of your choice.

HEALTHIER OPTIONS:

Omit the oil, and cook in a non-stick skillet.

Choose low sodium and low sugar BBQ sauce for the recipe.

Serve in lettuce cups or baked potatoes instead of buns.

Top your pulled jackfruit with extra veggies such as tomato, cucumber, arugula, red onion or pickles.

FANCIER OPTIONS:

Marinate the jackfruit overnight with the spices and a little oil before cooking.

Add extra umami to your Pulled Jackfruit by adding miso paste and/or soy sauce to the BBQ sauce.

For a special version add 2-3 tablespoons of whisky to the BBQ sauce as well.