

JACKFRUIT TACOS



ingredients (serves 6)

- 1x serving guacamole
- 1x serving salsa
- 1x 400g tin young green jackfruit in water
- 1 white onion
- 4 garlic cloves
- 7 tbsp vegetable oil
- 7 tbsp maple syrup
- 100ml vegetable stock
- 1/2 tsp tabasco sauce
- 4 limes
- 7 1/2 tsp ground cumin
- 7 1/2 tsp ground paprika (smoked)
- 1/2 - 7 tsp chilli powder
- 1/2 tsp salt
- handful fresh coriander
- 12 crunchy or soft taco shells

method

- tip the jackfruit into a sieve or a colander to drain off the excess water and pat the pieces down with a clean tea towel to dry them off.
- cut into 5mm strips and put to one side
- peel and slice the onion and garlic very thinly
- warm the vegetable oil in the frying pan
- add the onion and garlic to the pan and stir with a wooden spoon until soft and translucent
- add the jackfruit, maple syrup, vegetable stock and tabasco sauce
- cut 1 of the limes in half and squeeze in the juice of one half, catching any pips in your other hand.
- stir until the jackfruit is covered well.
- put the lid on the pan, turn down the heat and let it simmer for 7-10 minutes, stirring occasionally, until the liquid has been absorbed into the jackfruit.
- take the lid of the pan and sprinkle over all the spice and the salt
- stir until the jackfruit pieces are well covered and taking on the color of the spices
- transfer the jackfruit pieces to a serving dish
- slice the remaining limes into wedges and remove the leaves from the coriander by running your thumb and forefinger from the top to the base of the stems, saving the stalks for another recipe.
- serve with taco shells, jackfruit, guacamole, salsa, lime wedges coriander leaves.