

Jackfruit Pulled "Pork"

Ingredients

- 2.5 cups of canned jackfruit

Servings - 4

For Sauce

- 2 teaspoons, plus 1 tablespoon of cooking oil
- 2-3 garlic cloves
- 2 cups tomato puree
- ¼ cup apple cider vinegar
- ¼ cup maple syrup/honey or brown sugar
- 2 tablespoons molasses
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ¼ teaspoon pepper
- Pinch of cayenne pepper
- Dash of liquid smoke – optional

Tip - Buy jackfruit in a can at the grocery store in the international aisle. It is super-versatile and its meaty texture makes it a great substitute for meat. It makes great tacos or a topping in a burrito bowl too.

Directions

1. To make the sauce, add 2 teaspoons of oil to a saucepan and heat over medium-low heat. Add garlic and sauté for 1-2 minutes, stirring frequently.
2. Add remaining sauce ingredients. Whisk until well combined.
3. Raise heat to high and bring to boil.
4. Reduce heat and simmer for 20—30 minutes.
5. Drain and rinse canned jackfruit. Place jackfruit on a cutting board and cut out the core (similar to a pineapple core). Using your fingers or two forks, shred the jackfruit into a bowl.
6. Add sauce to the bowl and stir in with jackfruit until coated.
7. Cover and place in fridge to marinate for an hour.
8. Heat a large skillet with 1 tablespoon of oil. Add jackfruit mixture and cook for approximately 30 minutes, stirring frequently. Remove from heat.
9. Serve on a bun. Add your fav toppings. Coleslaw is a great fit!



Are You In?



Find Out More:

Choose Fruit!

Eating more plant-based foods is good for us and the planet. Adding a variety of fruits to your plate has plenty of health benefits including lowering your risk of heart disease, colon cancer and type 2 diabetes. This happens because eating fruit (versus drinking just the juice) gives you extra fibre, a feeling of fullness and lots of vitamins and minerals too!

- **Add fruit to breakfast** – Berries in yogurt, frozen fruit in a smoothie or apple slices with peanut butter are all great ways to start the day.
- **Buy frozen** – Frozen fruit can help you add variety to your diet all winter long and it is just as nourishing. Toss frozen berries on cereal, use frozen pumpkin/squash in muffin recipes, or sprinkle pomegranate seeds into a salad.
- **Bake it up** – Baking fruit into muffins and loaves is a wonderful way to nourish ourselves and our families both by spending time together in the kitchen and by packing along tasty snacks for work and play.
- **Serve fruit to guests** – When having friends over, offer cut up fruit or fruit skewers as a snack. Your guests will appreciate how fresh this healthy appetizer is.

Did You Know?

Spiky on the Outside, Sweet on the Inside

Jackfruit is not a high source of protein like other meat alternatives. So, pair it with other foods that will help meet those nutrient needs. It is however, a good source of many B vitamins, Vitamin C, folate, and fibre too.