

**BBQ PULLED
JACKFRUIT
SANDWICHES**



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SERVINGS 2 - 3 **TIME** 15 min **GF** **NF** **SF**

INGREDIENTS

1½ cups (565 g) young jackfruit, in brine*, drained
 ¾ cup (190 mL) vegan BBQ sauce
 2 bun (gluten-free if desired)

Quick Coleslaw

½ cup shredded red cabbage
 ½ cup shredded green cabbage
 1 carrot, shredded

Nectarine Salsa

4 ripe nectarines, pitted and chopped
 1 medium-sized tomato, chopped
 1 red bell pepper, chopped
 1 small red onion, diced
 ½ lime, juiced
 2 Tbsp fresh cilantro, chopped
 2 Tbsp fresh mint, chopped
 Salt and pepper to taste

DIRECTIONS

1. Pre-heat a pan on medium heat with 1 tsp (5 mL) of sunflower oil. Drain and rinse the jackfruit, and cut each piece into 2-3 chunks. Add the jackfruit and BBQ sauce to the pan and cook until warmed through. Use the back of a wooden spoon to press down on the jackfruit to shred the pieces, or use two forks to pull the pieces apart. Once heated and coated in sauce, remove from heat.
2. In a small bowl, combine the cabbages and carrot to create a quick coleslaw.
3. In another bowl, combine the ingredients for the nectarine salsa.
4. **To assemble the sandwiches:** Top the buns with ½ cup of BBQ jackfruit, a handful of coleslaw and top with a couple spoonfuls of salsa.
5. Serve with cherry tomatoes, pickles, crackers or tortilla chips.

NOTES

- *If you want to make any savoury jackfruit dishes, always be sure that you have grabbed a can of the young, green and brined jackfruit.
- **Storage:** the BBQ jackfruit, coleslaw and salsa can be made a day in advance and stored separately. Reheat the jackfruit on the stove or in the microwave. Assembled sandwiches are best if enjoyed right away.
- **Variations:** instead of coleslaw, top the sandwiches with sliced tomato, avocado, crunchy red onions and shredded romaine lettuce.

