HOT & BOLD

Smoky Jackfruit Tacos with Lime Slaw

PREP	COOK	SERVES
15 min	25 min	4

Vegan Vegetarian

Shredded young jackfruit in a smoky chipotle sauce, in warm tortillas with crunchy lime slaw and avocado.

Ingredients

- 2 tins (400 g each) young green jackfruit in brine, drained
- 1 tbsp oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 chipotle chillies in adobo, chopped, or 2 tsp chipotle paste
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 200 ml tomato passata
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 8 small corn tortillas
- 1 avocado, sliced

Lime slaw

- 1/4 red cabbage, finely shredded
- Juice of 2 limes
- A handful of coriander, chopped
- Salt

Method

1. Rinse the jackfruit, squeeze it dry and pull the pieces apart with your fingers, cutting out any hard cores.
2. Soften the onion in the oil for 5 minutes. Add the garlic, chipotle, paprika and cumin and cook for a minute.
3. Add the jackfruit, passata, soy sauce and maple syrup. Simmer for 15 to 20 minutes, mashing it a little, until sticky and dry.
4. Toss the cabbage with the lime juice, coriander and a pinch of salt and leave for 10 minutes.
5. Warm the tortillas in a dry pan. Fill with jackfruit, slaw and avocado.

Cook's tip

For extra crunch, spread the finished jackfruit on a tray and grill it for 3 to 4 minutes so the edges catch and crisp.