

CHIPOTLE JACKFRUIT TACOS

Even though it's called a fruit, jackfruit is super versatile and can go from savory to sweet dishes, depending on its ripeness. Shredded jackfruit pieces give the texture of pulled pork, and jackfruit soaks up pretty much whatever flavor you want to throw its way. Chipotle peppers pack on the flavor in this recipe, especially when combined with a bit of tomato to make the tacos saucy.

INGREDIENTS

2 cans organic green jackfruit, drained and rinsed
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon avocado oil
1/2 yellow onion, finely diced
2 cloves garlic
1 plum tomato (stem and pith removed), rough chopped
2 chipotle peppers in adobo (deseeded)
1 tablespoon adobo sauce
1/4 cup water
1/4 navel orange
8 to 10 corn tortillas
vegan sour cream (optional)
avocado (optional)
cilantro (optional)
white onions (optional)

MAKES EIGHT TO TEN TACOS

- 1 Shred the jackfruit using two forks or gently with your hands give each piece a gentle squeeze until it breaks apart into shreds. Discard seeds.
- 2 Place the shredded jackfruit in a bowl and toss with cumin, salt, and black pepper.
- 3 In a small blender, blend tomato, chipotle pepper, adobo sauce, and water.
- 4 Heat a large skillet to medium and add avocado oil. Add onions and cook until translucent, about 3-5 minutes. Add garlic and cook until fragrant, about 30 seconds to 1 minute.
- 5 Pour the sauce into the pan and let thicken for about 1-2 minutes. Then add the jackfruit, gently toss so the pieces are covered, and let cook for 2-3 minutes.
- 6 Remove from heat and squeeze the orange on the mixture. Taste and adjust salt and pepper.
- 7 Warm tortillas and top with chipotle jackfruit. Top with any optional garnishes such as cilantro, diced onions, avocado, or sour cream.

NOTES

- When you shred the jackfruit, you'll want to remove the seeds.



CHIPOTLE JACKFRUIT TACOS