

Vegan Pulled Jackfruit with Pineapple Salsa

Ingredients

1 tbsp vegetable oil
1 red onion, finely chopped
1 tsp ground cinnamon
1 tsp cumin
2 tsp smoked paprika
2 tsp hot sauce
1 tbsp apple cider vinegar
4 tbsp BBQ sauce
200g can chopped tomato
400g can young jackfruit in salted water
½ pineapple
½ red onion diced finely
½ tomato diced
Sweetcorn

Method

STEP 1

Heat the oil in a frying pan and cook the onion until very soft, for around 10-12 mins. Add the cinnamon, cumin and paprika to the onions and cook for a further 2-3 mins. Next add the hot sauce, vinegar and bbq sauce and mix well before adding in the tomato, the drained jackfruit and 200ml water. Leave to simmer gently, covered, for 30 mins stirring every 5-10 mins to help break down the jackfruit, then take the lid off and cook a further 10 minutes.

STEP 2

Once cooked, use a fork to make sure all of the jackfruit is well shredded. Check seasoning and add another tbsp of bbq sauce if necessary, for extra stickiness.

STEP 3

For the pineapple salsa, cut the pineapple into strips, char on a very hot griddle pan if you like to add smoky flavour but not essential, add the tomatoes, onion, and corn and add some Extra Virgin Olive Oil with some seasoning.