

BBQ Jackfruit Tacos

Prep time:

15 minutes

Cooking time:

10 minutes

Yields:

6 people

Ingredients:

- 2 (14-ounce) cans jackfruit in brine, drained and rinsed
- 2 tablespoons extra virgin olive oil
- 1 small yellow onion, finely chopped (about 1 1/2 cups)
- 2 cloves minced garlic
- 3/4 cup barbecue sauce, store-bought or homemade
- 2 teaspoons ground cumin
- 1/2 teaspoon smoked paprika
- Salt and pepper to taste

To serve:

- 10 to 12 (6-inch) corn tortillas
- 1 ripe avocado, thinly sliced
- 4 radishes, thinly sliced
- 1/3 cup cilantro leaves, roughly chopped
- 1/3 cup shredded romaine
- 1 lime, cut into wedges

Directions:

1 Shred the jackfruit: Using your fingers or forks, break apart the chunks of jackfruit into shredded pieces.

2 Cook the onions: In a large saucepan over medium heat, warm the olive oil. Add the onion and cook until translucent, about 5 minutes. Add the garlic and cook for an additional 1 minute, until the garlic is fragrant.

3 Cook the jackfruit: Add the shredded jackfruit to the pan with the onions and stir well. Add the barbecue sauce, cumin, smoked paprika, salt and pepper to the pan.

Stir to evenly distribute the spices and cook for another 4 to 5 minutes, or until the jackfruit is browned and slightly crisped around the edges.

4 Assemble the tacos: Warm the tortillas and add a large spoonful of cooked jackfruit to the center of each. Add toppings and serve.