



## INGREDIENTS TACOS

- 2 x 16 oz Green Jackfruit in water, drained & rinsed
- 1/2 yellow onion - diced
- 4 cloves garlic - minced
- 1 splash water + more as needed
- 1.5 cups cilantro sauce (*You can buy at Tumerico or make your own*)
- 1 pinch sea salt - to taste
- 1 lime - quartered
- 12 mini corn tortillas - organic, non-GMO

## CILANTRO SAUCE

- 4 Cilantro Bunches- finely chopped
- 1/2 lemon - juiced
- 2 scallions - chopped
- 1 chili pepper (green or red) - chopped
- 1 pinch sea salt - to taste

# JACKFRUIT CARNITAS TACOS

*Jackfruit is the heavyweight of all fruits and can grow up to four feet long and 75 pounds in weight! You want to find unripe or young green jackfruit to cook in your savory dishes. If using canned jackfruit, make sure to use green jackfruit packed in water or brine and not syrup. Rinse well and discard any tough pieces.*

## PREP TIME

**Prep** | 10 minutes   **Cook** | 45 minutes   **Ready in** | 55 minutes  
Feeds 4 People

## DIRECTIONS

- 01** Heat up a heavy-bottomed pot over medium flame. Add a splash of water and sauté the onion with a tiny pinch of sea salt until translucent, about 5 minutes.
- 02** Stir in the garlic, red pepper flakes and the jackfruit. Pour in the cilantro sauce and bring to a simmer. Cover with a lid and cook on medium-low flame for 45 minutes or until the jackfruit is tender. About 10 minutes before the jackfruit is done remember to preheat the broiler.
- 03** Season to taste with sea salt and remove from heat. Using the back of a fork press down on the jackfruit. It will fall apart and shred into thin pieces.
- 04** Find a broiler-proof dish or tray and transfer the shredded jackfruit (together with all the juices) to it as one layer. Broil for a few minutes until crispy at the edges to your liking.
- 05** Prepare the Cilantro Sauce: Fine chop the cilantro and transfer to a bowl with the scallions, chili pepper. Season to taste with sea salt and a squeeze of lemon juice.
- 06** Warm up the corn tortillas to your liking then pile them up with the jackfruit carnitas and Cilantro sauce!



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