



Pulled BBQ Jackfruit

Vegan Pulled "Pork"

INGREDIENTS

500 g	Kappa Foods Roasted Jackfruit
150 g	Onions sliced
100 g	BBQ sauce
50 g	Sunflower Oil
25 g	Kappa Foods Black Maple Sauce

WHAT TO DO

1. Bring a pan to medium heat and pour in the sunflower oil.
2. Sautee the onions for 8-10 minutes.
3. Pour in the jackfruit, Black Maple and BBQ sauce. Stir and cook jackfruit for 10 minutes.
4. Serve jackfruit in a hot dog bun.

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Jackfruit Tacos

Traditional Mexican Recipe

INGREDIENTS

500 g	Kappa Foods Roasted Jackfruit
50 g	Kappa Foods Red Diablo Hot Sauce
50 g	Sunflower Oil
10 g	Chipotle chili powder
10 g	Paprika
10 g	Garlic powder
5 g	Ancho chili powder
5 g	Onion powder
	Salt to Taste

WHAT TO DO

1. Mix all the spices and the Red Diablo with the jackfruit.
2. Bring a heavy pan to medium heat.
3. Pour in the sunflower oil
4. Pour in the sliced jackfruit and allow to sear for 4 minutes. Stir jackfruit and sear for another 4 minutes.
5. Serve Jackfruit on soft or hard taco shells.

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Jackfruit Casserole

A Homemade Classic

INGREDIENTS

1 kg	Kappa Foods Roasted Jackfruit
1 cup	Black Beans
1 cup	Fava Beans
1/2 cup	Carrots, diced
1/2 cup	White onions, diced
4 cloves	Garlic, crushed
1 tbsp	Dried Italian Herb Mix
2 cups	Tomato Sauce
1 cup	Red or White Wine
	Salt and pepper to taste
	Cooking Oil

WHAT TO DO

1. Preheat oven to 400 Fahrenheit and preheat pan to medium high heat.
2. Add oil to pan and place onions, garlic and carrots. Sear for 3 minutes.
3. Add jackfruit and stir. Sear for 3 minutes.
4. Add herbs, beans, tomato sauce, wine, salt and pepper.
5. Once simmering, place the pan in the oven for 30 minutes.
6. Remove from oven and serve!

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