

Vegan BBQ Pulled Jackfruit



Ingredients

- 2 cans of jackfruit (800g), drained and 'shredded'
- 1/2 cup of BBQ sauce
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tbsp of brown sugar
- 2 tsp of sweet paprika
- 1/2 tsp of salt

Method

- Drain and rinse jackfruit. Use a fork to breakup jackfruit and create the 'shredded meat'
- Place onion in a fry pan with some oil and sauté.
- Add prepared jackfruit and remaining ingredients (BBQ sauce, onion, garlic, brown sugar, sweet paprika and salt). Mix to combine
- Cook for about 5 minutes or until jackfruit is warm throughout
- Add contents to a burger with filling of choice and enjoy!

