

JACKFRUIT TACOS

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 3 Tbsp. plus 1 Tsp. Olive Oil
- 1 Tbsp. Cider Vinegar
- 2 Cups Shredded Green or Red Cabbage
- 1 Carrot, peeled and shredded
- 2 Tbsp. Fresh Cilantro, minced
- 2 Scallions, sliced thin
- 2 (14.5-ounce) Cans Young Green Jackfruit packed in water, rinsed and patted dry
- 1 Small Onion, chopped fine
- 3 Garlic Cloves, minced
- 1 Tsp. Dried Oregano
- 1 Tsp. Canned Chipotle Chile in Adobo Sauce, minced
- 1 (8-ounce) Can Tomato Sauce
- ¼ Cup Water
- ¼ Tsp. Table Salt
- 12 (6-inch) Corn Tortillas, warmed
- 1 Avocado, halved, pitted, and cut into ½-in. pieces



Instructions:

1. Whisk 2 tbsp. oil and vinegar together in bowl. Add cabbage, carrot, cilantro, and scallions and toss to combine. Season with salt and pepper to taste, cover, and refrigerate until ready to serve.
2. Heat 1 tbsp. oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add jackfruit in single layer and cook until well browned on all sides, flipping occasionally, about 8 minutes. Transfer jackfruit to plate; set aside.
3. Add onion and remaining 1 tsp. oil to skillet and cook over medium heat until softened and lightly browned, 5-7 minutes. Stir in garlic, oregano, and chipotle and cook until fragrant, about 30 seconds. Stir in tomato sauce, water, and salt and bring to simmer. Add jackfruit to sauce, cover, and cook until jackfruit is very tender, about 8 minutes, flipping jackfruit once halfway through cooking.
4. Remove skillet from heat and, using potato masher, mash jackfruit until thoroughly shredded and well coated in sauce. Divide jackfruit evenly among warm tortillas and top with slaw and avocado. Serve.

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