

Plant Vibe with Aaron Brunet * | Pulled Jackfruit Tacos & Coleslaw



Prep Time

10 mins

Cook Time

55 mins

Total Time

1 hr 5 mins

Ooohhh yeah this is seriously flavoursome and certainly has that pulled pork texture. Serve this one up to unsuspecting omnivores and I believe they will be pleasantly surprised :) Baking the jackfruit is worth waiting 45 minutes for, giving you plenty of time to have a drink with guests.

Servings: 4 people

Ingredients

For the tacos

- 1 large Onion, thinly sliced into strips
- 4 tbsp Olive Oil
- 6 Button mushrooms, sliced
- 1 tsp Tamari, or soy sauce
- 2 x 565g cans Green Jackfruit in brine
- 8 cloves Garlic, roughly chopped
- 1 tsp Ground Cumin
- 1 tsp Garlic Powder
- 2 tsp Smoked Paprika
- 1/2 tsp Chilli Powder, optional
- 1 tsp Ground Black Pepper
- 1 tsp Salt
- 2 tsp Coconut Sugar, optional
- 1 cup Vegetable Stock

Coleslaw

- 2 cups Cabbage, finely sliced (I use a mandolin)
- 1 cup Spinach, finely sliced
- 1 medium Carrot, peeled and shaved or grated
- 1/2 cup Fresh Herbs (coriander, mint, parsley), chopped
- 1/3 cup Vegan Mayonnaise
- 1/2 tsp Sesame Oil
- 2 tsp Lime or Lemon Juice
- 1 clove Garlic, pressed

To serve

- 2 Avocados, sliced
- 8 Soft Tortillas, or more
- 1 Red onion, thinly sliced
- Handful Fresh Coriander, roughly chopped

Instructions

1. Preheat oven to 200°C.
2. Cook onion in olive oil on low heat for 10 minutes until softened.
3. Whilst it cooks, heat another pan, when hot toss in mushrooms (no oil required) and cook for a few minutes to soften. Add tamari and cook another few minutes till any liquid is absorbed.
4. Drain the jackfruit and tip into a large bowl. Using your fingers shred the chunks into strips. Add to onions with the cooked mushrooms and remaining taco ingredients. Cook on high heat for around 5 minutes till liquid is absorbed.
5. Spread on to a oven tray and bake for about 45 minutes, re-spreading every 15 minutes. Mixture should be lightly browned and chewy.
6. To make the coleslaw, mix the mayo, sesame oil, lime/lemon juice and garlic together and toss through other ingredients in a bowl. Season with salt and pepper.
7. Serve pulled jackfruit on soft tortillas with sliced avocado, coleslaw, red onion and coriander.

Recipe Notes

* Featured Plant-Based Cook - Aaron Brunet

Aaron Brunet won Masterchef NZ in 2013 with his creative and wholesome approach to food. He has a deep appreciation for the details of taste and texture that transform everyday foods into memorable experiences. His interests now lie in helping people love food that loves them back, finding true joy and pleasure in the daily experience of engaging with nature's bounty.

His website offers a wealth of information on why he went plant-based, additional recipes and upcoming plant-based cooking workshops/retreats.

<http://www.aaronbrunet.co.nz/>