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**Jackfruit 'Pulled Pork'**  
**Serves 2–4, Vegan**

1 large tin of jackfruit in brine – NOT in syrup!  
1 large white onion, thinly sliced  
1 garlic clove  
1 tsp smoked paprika  
1 tsp ground cumin  
1 tsp ground coriander  
1 cup water (might not need to use all of it)  
1 tin chopped tomatoes  
BBQ sauce, personal preference to which type you want

1. Drain and chop the jackfruit.
2. Heat oil in a large pan and slowly fry onion and garlic for 5 minutes until onions are soft.
3. Add the jackfruit and spices and cook for a further 5 minutes.
4. Add the chopped tomatoes and half a cup of water and allow to simmer and reduce for 10 minutes, keep stirring so mixture does not stick.
5. When mixture has reduced, add 1–2 tbsp BBQ sauce and remaining water. Allow to cook for another 5–10 minutes or until reduced.
6. OPTIONAL: Bake in oven for 30 minutes or longer, stirring every 10–15 minutes. If mixture burns don't throw away, you can also add more BBQ sauce if needed.
7. Serve with (vegan) coleslaw, jalapenos and crispy salad on wraps.