

## SPOTLIGHT RECIPE

# BBQ PULLED JACKFRUIT WITH CAROLINA SLAW

SERVES 8



### INGREDIENTS

#### For the jackfruit

- 32 ounces canned jackfruit
- 1 cup ketchup
- 1 cup onion julienne
- 1/2 cup water
- 1/2 cup brown sugar
- 1/4 cup apple cider vinegar
- 2 tablespoons canola oil
- 1 tablespoon smoked paprika
- 1 tablespoon yellow mustard
- 1 tablespoon Cajun seasoning
- 1 tablespoon liquid smoke

#### For the Carolina slaw

- 2 cups cabbage, thinly sliced
- 1 cup celery, diced
- 3 oz distilled vinegar
- 1/2 cup Sweet Pickle Relish
- 2 tablespoons yellow mustard
- 1 teaspoon salt, kosher

### DIRECTIONS

#### For the jackfruit

Preheat the oven to 300 F.

Add all ingredients in a mixing bowl. Toss to combine. Place mixture in a baking dish and cover with aluminum foil.

Place baking dish into the oven and cook for 2 hours. Remove from the oven and gently pull apart the jackfruit using a fork.

Keep hot until ready to serve.

#### For the Carolina slaw

Add all ingredients to a mixing bowl and toss to combine. Cover and keep refrigerated until ready to serve.

#### Side dishes

Potato Rolls • Sweet Potato Fries

