

CAFE THOMPSON RECIPE

BARBECUE PULLED JACKFRUIT BOWL

This recipe for barbecue pulled jackfruit is served on a bed of rice with tender, cooked broccoli and a crunchy peanut cabbage slaw. The coleslaw sauce is packed with peanuts, lime juice, soy sauce, sesame oil and five-spice for a balance of flavors that complement the jackfruit.

SERVES 6



INGREDIENTS

- 2 10-ounce cans young green jackfruit
- 1 tablespoon sesame oil
- 1/3 cup barbecue sauce
- 1 1/2 cups uncooked rice

For the slaw

- 1/2 white cabbage
- 1/4 red cabbage
- 2 large carrots
- 3 spring onions
- 3 tablespoons water
- 2 tablespoons crunchy peanut butter
- 2 tablespoons soy sauce
- 1 1/2 limes, juiced
- 2 teaspoons sugar
- 1 teaspoon sesame oil
- 1/2 teaspoon five-spice

DIRECTIONS

Drain and rinse the jackfruit, then add it to a large frying pan with 1 tablespoon sesame oil. Fry on a low-medium heat for 5 minutes, then shred the jackfruit by using two forks to pull the strands apart. Add the barbecue sauce, cook for 20-25 minutes, stirring every few minutes or so, to make sure it doesn't stick to the pan.

Add the rice to a pan of water, bring to a boil and cook for 25 minutes, then drain.

To make the slaw, shred the cabbage, grate the carrots, finely chop the spring onions and then add to the mixing bowl. In a bowl add the water, peanut butter, soy sauce, lime juice, sugar, sesame oil and five-spice, and mix well until combined fully. Pour the dressing over the vegetables and mix until it is evenly distributed.

Side dishes

Steamed Rice
Red Cabbage Slaw

