

Smoky Jackfruit Hash

Source: Natalie Slater of Bake and Destroy

About the Recipe

Calories • Protein • Fiber
Breakfast

Ingredients

Makes 4 Servings

- 1 20-ounce can jackfruit (if canned, drain it well)
- 1 tablespoon (15 mL) olive oil
- 2 cloves garlic, minced
- 1/2 cup (120 mL) tomato puree
- 1/4 cup (60 mL) water
- 1 tablespoon (12 g) nutritional yeast
- 1 tablespoon (15 mL) coconut aminos
- 1 tablespoon (15 mL) maple syrup
- 1 teaspoon onion powder
- 1 teaspoon liquid smoke
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 4 cups (532 g) sweet potatoes peeled and diced, about 2 potatoes
- 1 medium onion, diced
- 1 tablespoon (15 mL) olive oil
- 1 cup (160 g) chopped raw unsalted shelled pepitas

Directions

1. If using canned, drain the jackfruit and squeeze out as much of the water as you can.

2. Heat the oil in a medium skillet over a medium flame, saute the garlic for 1 minute, and then add the jackfruit and cook 3-4 minutes.
3. In a large bowl, mix together the tomato puree, water, nutritional yeast, coconut amino, maple syrup, onion powder, liquid smoke, paprika, and salt.
4. Stir the cooked jackfruit into the tomato mixture and transfer to a slow cooker. Cook on high, stirring every 15 minutes or so, and add water as needed. When the jackfruit is tender, after about 1 hour, remove from slow cooker and use 2 forks to shred it.
5. If preparing the day before, transfer to a covered container and refrigerate.
6. Place the diced sweet potatoes in a large microwave-safe bowl with 1/2 cup water. Cover and cook on high until potatoes are tender, 8-10 minutes. Drain and set aside. (If you prefer to bake until tender, go for it.)
7. Add oil to a large skillet and heat over medium-high flame. Saute onions until soft and translucent, 6-8 minutes, and then add sweet potatoes, pepitas, and jackfruit.
8. Cook until potatoes begin to brown, 5-8 minutes. If needed, add a splash more of oil to finish cooking.
9. Serve with toast and a dollop of vegan avocado cream.

Nutrition Facts

Per serving

Calories: 346

Fat: 8 g

Saturated Fat: 1 g

% Calories From Fat: 21%

Cholesterol: 0 mg

Protein: 7 g

Carbohydrate: 68 g

Sugar: 40 g

Fiber: 7 g

Sodium: 472 mg

Calcium: 95 mg

Iron: 2 mg

Vitamin C: 42 mg

Beta-Carotene: 12,963 mcg

Vitamin E: 3 mg