Barbecue Jackfruit Tacos

Source: Dustin Harder of VeganRoadie.com

About the Recipe

200 Calories · 2 g Protein · 3 g Fiber
Appetizers

Ingredients

Makes 12 Servings

- 1/2 cup (80 g) red onion, thinly sliced
- 1/2 cup (45 g) red cabbage, thinly sliced
- 1/2 cup (120 mL) water
- 1/4 cup (60 mL) apple cider vinegar
- 1/4 cup (60 mL) maple syrup
- 3 ripe avocados (roughly 450 g), pitted and skins removed
- 1/4 cup (60 mL) lime juice
- 1/4 cup (60 mL) olive oil
- 3/4 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground coriander
- 1 tablespoon (15 mL) olive oil
- 1/2 cup (80 g) white or yellow onion, thinly sliced
- 1 1/2 cups (125 g) roughly chopped baby bella mushrooms
- 1 14-ounce can jackfruit in brine, drained, rinsed, and shredded
- 4 cloves (12 g) garlic, minced
- 3/4 cup (177 mL) vegan barbecue sauce
- 24 (2- to 2 1/2-inch) hard-shell mini taco shells
- Microgreens or edible flowers, for garnish **optional*

Directions

1. To make the pickled vegetables, add the onion, cabbage, water, vinegar, and maple syrup to a container and seal tightly. Shake vigorously to mix everything up and be sure the vegetables are submerged in water. Let sit overnight.
2. To make the avocado crema, add avocado, lime juice, olive oil, salt, garlic powder, onion powder, and ground coriander to a food processor or Robot-Coupe and blend until smooth and creamy.
3. To make the barbecue jackfruit, heat the oil in a large skillet over medium-high heat. Add the onion, mushrooms, and jackfruit. Saute for 8-10 minutes until the mushrooms have reduced slightly in size and the jackfruit has some seared edges. Add the garlic and saute 1 additional minute until fragrant.
4. Add the barbecue sauce and mix to combine.
5. Assemble the tacos by adding 2 tablespoons of barbecue filling to a taco shell. Top with a dollop (1-2 teaspoons) avocado crema, a pinch of pickled vegetables and microgreens or edible flowers as a garnish.OIL-FREE: Omit the oil and saute everything in 1/4 cup water or low-sodium broth; add liquid as needed. The jackfruit will not sear without the oil; cook until the mushrooms and onions have softened and the liquid has evaporated.

Nutrition Facts

Per serving:
Calories: 200
Fat: 12 g
    Saturated Fat: 2 g
    % Calories From Fat: 54%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 22 g
Sugar: 12 g
Fiber: 3 g
Sodium: 387 mg
Calcium: 34 mg
Iron: 1 mg
Vitamin C: 7 mg

Beta-Carotene: 68 mcg
Vitamin E: 2 mg