



Jackfruit Carnitas (Filling)

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Servings: 5.2
Serving Size: 40 g
Protein Per Serving: 0.7 g
Calories Per Serving: 79

This can be served in many ways! Tacos, rice bowls, salads. Be creative and enjoy!

Ingredients:

- 2 TBSP Olive Oil
- 1 20-oz. can Jackfruit, canned, drained, Rinsed well, seeds removed
- 2 clove(s) Garlic, minced
- 1/4 c Orange Juice
- 1 TBSP Lime Juice
- 1/2 tsp Chili Powder
- 1/4 tsp Ground Cumin
- 1/4 tsp Onion Powder
- 1/4 tsp Dried Oregano
- 1 tsp Brown Sugar
- 3 fl.oz. Vegetable Broth

Directions:

1. Preheat olive oil in a pan over medium heat. While the oil heats up, squeeze any excess liquid out of the rinsed jackfruit. This helps remove any brine flavor. Add the jackfruit to the heated pan. Sauté until you begin to see some browning on the jackfruit.
2. Add the garlic to the browned jackfruit and sauté for another two minutes. You can add more oil if getting too dry in the pan. Next you combine the remaining ingredients in the skillet with the jackfruit. Stir to blend and then cover. Turn heat down to medium low and allow to cook, stirring occasionally, until jackfruit softens and can be easily shredded. This may take 20 minutes. Remove the lid and cook a few minutes longer until all liquid has been absorbed. Serve hot.