



Hawaiian Jackfruit

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Makes 5.4 servings

Serving Size: 1/4 c.

Protein per serving: 0.6 g

Calories: 64 calories

Ingredients

- 175 g Jackfruit, Young in Brine, drained, seeds removed
- 1/2 tsp Ginger, ground
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Salt
- 1 TBSP Oil, Olive, divided

Hawaiian Sauce

- 15 g Diced Onions
- 1 clove(s) Garlic, fresh cloves, chopped
- 1/4 c Coconut Aminos
- 1/4 c Water
- 1/4 c Pineapple, canned in juice, crushed
- 1/2 tsp Minced Fresh Ginger
- 1 tsp Cornstarch, mixed with 1 teaspoon water to make a slurry
- 1/2 c Pineapple tidbits

Directions

1. In a small bowl combine the jackfruit, powdered ginger, garlic powder, onion salt, and 1 teaspoon of olive oil. Gently toss and set aside to marinate.
2. In a medium skillet, heat 2 teaspoon olive oil over medium heat. Add the jackfruit and sauté until browned on both sides. Remove from pan and set aside.
3. Heat 2 teaspoons olive oil in a medium skillet over medium heat. Add onions and sauté until translucent. Add the garlic and sauté for one minute. Add the coconut aminos, water, crushed pineapple, and ginger. Bring to a boil, then reduce to a simmer, whisking to prevent burning. Add the cornstarch slurry and cook until thickened. Add the sautéed jackfruit and pineapple tidbits. Gently toss to coat. Serve immediately with rice.