

Organic Young Jackfruit Recipe



VEGAN NOT CHICK'N SALAD



Native Forest® Organic Young Jackfruit is native to Southeast Asia, where prolific trees flourish on family farms that are certified organic to USDA standards. While mature jackfruit is sweet and fragrant, young jackfruit is not sweet at all, because young fruit is picked before its starch changes into sugar.

We invite you to enhance our jackfruit with your favorite sauces and seasonings. It will adopt their flavors and star in your culinary creations. Our Organic Young Jackfruit is ready to make vegan tacos, salads and other wonderful dishes. It easily flakes into the ideal texture for vegan pulled pork and other meatless dishes. Imagine what you can create with a fruit that performs like meat.

Vegan Jackfruit Not-Chick'n™ Salad

- 1 can Native Forest® Organic Young Jackfruit (drained & rinsed)
- 2 cubes Edward & Sons™ Not Chick'n™ Bouillon Cubes
- 1/3 cup Vegan mayonnaise
- Chopped green onion, carrots, celery (to taste)
- Salt and pepper (to taste)

Put jackfruit in a saucepan and cover with fresh water. Boil until jackfruit starts to separate.

Simmer for 5-7 minutes. Drain the jackfruit and put back in the pan. Add 1 cup water and 2 bouillon cubes to the pan. Bring to boil then simmer for 5 minutes, stirring regularly.

Drain and put jackfruit into a bowl. Add the mayonnaise, salt & pepper (if desired) and mash while stirring well to break up bigger chunks.

Serve with Brown Rice Snaps®, Exotic Rice Toast™, top your favorite salad or make a great sandwich!