

# Organic Young Jackfruit Recipe



# VEGAN TOONA SALAD



Edward & Sons® 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 Toona Salad

- 1 can Native Forest® Organic Young Jackfruit (drained & rinsed)
- 2 cubes Edward & Sons® Not-Fish™ Bouillon Cubes
- 2 cups Boiling water
- 2-3 Tbsp Vegan mayonnaise (add more if desired)
- 1 Sheet Nori seaweed cut into small pieces
- Chopped green or red onions or celery (optional)
- Salt and pepper (to taste)

Put jackfruit and the cubes in a saucepan with the 2 cups of boiling water. Bring to a boil, turn down the heat to medium and let the mixture simmer for 15-20 minutes while stirring regularly. Turn the heat off and let the mixture sit for another 10 minutes to absorb the Not-Fish flavor. Drain the jackfruit and let it cool for a few minutes. Put the jackfruit into a bowl and mash/break it up. Add the mayonnaise, seaweed and veggies and mash while stirring well to break up any remaining chunks. Salt and pepper to taste. Serve with Brown Rice Snaps®, Exotic Rice Toast™, top your favorite salad or make a great sandwich!