



**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 Taco Filling

- 1 box Edward & Sons Organic Shredded Young Jackfruit
- ½ diced Onion
- 1 packet Taco seasoning, prepared as directed
- 1 Tbsp Oil
- ¾ cup Water

Saute the onions until translucent.

Add shredded jackfruit and water.

Heat thoroughly until some of the water has cooked off. Stir in prepared taco seasoning until well blended.

Heat thoroughly. Serve taco filling in tortillas or hard taco shells with veggies of choice (chopped avocado, tomatoes, cilantro...) and vegan cheese (optional).