



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 Taco Filling

- 1 Tbsp Oil
- 1/2 diced Onion
- 1 can Native Forest® Organic Young Jackfruit, drained
- 1/2- 3/4 cup Water
- 1 packet Taco seasoning, prepared as directed

Sauté the onions in the oil until translucent. Add the jackfruit and water. Stir well while some of the water cooks off and the jackfruit pieces soften more. In the pan, press on the jackfruit pieces so that they break (flake) apart. Stir in prepared taco seasoning until well blended. Heat again thoroughly. Serve taco filling in tortillas or hard taco shells with veggies of choice (chopped avocado, tomatoes, cilantro...).