



# BBQ JACKFRUIT SANDWICH

with Cilantro Slaw



## HELLO JACKFRUIT

This giant Asian fruit is a popular meat alternative in vegan dishes

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 581



Jackfruit pieces



BBQ Seasoning



BBQ Sauce



Coleslaw Cabbage Mix



Mayonnaise



White Wine Vinegar



Burger Bun



Cilantro



Onion, chopped

## BUST OUT

- Baking Sheet
- Large Bowl
- Measuring Cups
- Measuring Spoons
- Medium Non-Stick Pan
- Paper Towel
- Strainer
- Medium Bowl
- Potato Masher
- Whisk
- Sugar (1 tsp)
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person

- Jackfruit pieces 227 g
- BBQ Seasoning 6 1 tsp
- BBQ Sauce 2 tbsp
- Coleslaw Cabbage Mix 170 g
- Mayonnaise 3,9 2 tbsp
- White Wine Vinegar 9 2 tbsp
- Burger Bun 1,2,3 2
- Cilantro 10 g
- Onion, chopped 56 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 160°F.



## START STRONG

Preheat your broiler to **low** (to toast the buns).



**1 PREP JACKFRUIT**  
Wash and dry all produce.\* Drain and rinse the **jackfruit**. Pat the **jackfruit** dry with paper towels. In a medium bowl, add the **jackfruit** and **BBQ seasoning**. Using a potato masher, mash the **jackfruit** into smaller pieces.



**4 MAKE SLAW**  
Meanwhile, roughly chop the **cilantro**. In a large bowl, whisk together the **mayo**, **remaining vinegar** and **1 tsp sugar**. Season with **salt** and **pepper**. Add the **cilantro** and **coleslaw**. Toss together.



**2 COOK JACKFRUIT**  
Heat a medium non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **onions**. Cook, stirring occasionally, until softened, 2-3 min. Add the **jackfruit mixture**. Cook, stirring occasionally, until the **BBQ seasoning** is fragrant, 3-4 min.



**5 TOAST BUNS**  
Cut the **buns** in half and arrange them on a baking sheet cut-side up. Toast in the middle of the oven until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)



**3 FINISH JACKFRUIT**  
Add the **BBQ sauce** and **3/4 cup water** to the same pan with the **jackfruit**. Stir to coat. Cook, stirring occasionally, until the **sauce** has reduced slightly and the **jackfruit** is tender, 10-12 min.



**6 FINISH AND SERVE**  
Divide the **BBQ jackfruit** between the **bottom buns**. Top with the **cilantro slaw** and the **top bun**. Serve any extra **slaw** on the side.

## SAUCY

Be sure to grab a napkin before biting into this sandwich smothered in sauce.