

# FOOD

## BBQ Jackfruit Sandwiches with Avocado Slaw

*Simple, 30 minute BBQ jackfruit sandwiches that will fool any meat lover! A crunchy, cool avocado slaw and roasted salted cashews add even more texture and flavor. The perfect vegan substitute for pulled pork.*

### BBQ Jackfruit Ingredients:

- 2 20-ounce cans young green jackfruit in water (NOT in syrup or brine), found at local asian market.
- 1/4 cup BBQ seasoning (2 Tbsp brown sugar + 1 tsp paprika + 1 tsp garlic powder + 1/2 tsp salt + 1/2 tsp pepper + 1/2 tsp chili powder)
- 3/4 cup BBQ sauce (ensure it's vegan) + more for topping

### Serving Ingredients:

- 4-6 whole grain vegan buns (GF for gluten free eaters)
- Handful of nuts from jackfruit



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### Avocado Slaw Ingredients:

- 2 cups shredded cabbage + carrots (Trader Joe's has a great cruciferous veg mix)
- 1 large ripe avocado
- Pit from avocado
- 1 Tbsp maple syrup (or sweetener of choice)
- 1 lemon or lime, juiced
- Salt + Pepper to taste
- Water (to thin)

### Directions:

1. Rinse, drain and thoroughly dry jackfruit. Chop off the center "core" portion of the fruit and discard. Place in a mixing bowl and set aside.
  2. Mix together BBQ seasoning and add to jackfruit. Toss to coat.
  3. Heat a large skillet over medium heat. Once hot, add 1-2 Tbsp oil of choice and seasoned jackfruit. Toss to coat and cook for 2-3 minutes to achieve some color.
  4. Add BBQ sauce and thin with enough water to make a sauce. Stir and reduce heat to low- medium and cook for about 20 minutes (up to 35 minutes on low for a deeper flavor).
  5. Remove lid and stir occasionally. TIP: For finer texture, use two forks to shred the jackfruit as it cooks down.
  6. In the meantime, make slaw by adding all ingredients except vegetables (avocado through salt + pepper) to a small mixing bowl and whisk to combine. Thin with water until a thick sauce is made, then add veggies and toss to coat. Set in the refrigerator until serving.
  7. Once the jackfruit has been properly simmered, turn up heat to medium-high and cook for 2-3 more minutes to get a little extra color/texture (a tip I learned from Namely Marly!). Then remove from heat.
  8. Cook halved jackfruit nuts and pit from avocado in a small pot of water, boiling for 15 minutes. Peel jackfruit nuts transparent skin and slice them thin and set aside. Mince avocado and mix into slaw.
  9. Place generous portions of slaw on the bottom buns, top with generous serving of BBQ jackfruit, and jackfruit nuts (or cashews if you can't get the nuts easily). Serve with extra BBQ sauce!
- Note:** Leftover jackfruit keeps for up to a couple days in the fridge, though best when fresh.

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