

BBQ Jackfruit Sliders with Avocado Slaw

Ingredients

BBQ JACKFRUIT

- 2 20-ounce cans young green jackfruit in water (NOT in syrup or brine*)
- ¼ 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) – NOTE: I make my own and leave out the salt
- ¾ cup BBQ sauce (NOTE: if make your own, the salt can be eliminated)

AVOCADO SLAW (*optional*) **OR just mix broccoli slaw with some balsamic vinegar, dijon and maple syrup)**

- ½ ripe avocado
- 1 Tbsp maple syrup (or sweetener of choice)
- 1 lemon or lime (juiced)
- Salt + pepper (to taste)
- Water (to thin)
- 2 cups shredded cabbage + carrots (Trader Joe's has a great cruciferous veg mix)



FOR SERVING

- 4-6 whole grain vegan buns
- 1/2 cup roasted salted cashews (or toast your own unsalted nuts)

Instructions

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 seasoned Jackfruit and cook for 2-3 minutes to achieve some color. Add BBQ sauce and thin with enough water to make a sauce. Stir and reduce heat to low- medium and cook covered for about 20 minutes (up to 35 minutes on low for a deeper flavor). Remove lid and stir occasionally. **TIP:** For finer texture, use two forks to shred the jackfruit as it cooks down.
 5. 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.
 6. 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. Then remove from heat.
- Serving: Place generous portions of slaw on the bottom buns, top with generous serving of BBQ jackfruit, and cashews. Serve with extra BBQ sauce!

Notes

*If you cannot find young jackfruit in water, we would recommend using young jackfruit in brine and rinsing thoroughly.

Leftover jackfruit keeps for up to a couple days in the fridge, though best when fresh.

Nutrition (1 of 5 servings)

Serving: 1 servingsCalories: 193Carbohydrates: 27.8 gProtein: 4.6 gFat: 8.7 gSaturated Fat: 1.6 gPolyunsaturated Fat: 1.4 gMonounsaturated Fat: 5.1 gTrans Fat: 0 gCholesterol: 0 mgSodium: 1371 mgPotassium: 290 mgFiber: 7.5 gSugar: 8.4 gVitamin A: 4013 IUVitamin C: 11.35 mgCalcium: 74.49 mgIron: 1.28 mg

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