



Vegan Jackfruit Tacos in Tahini Sauce

4 servings
30 minutes

Ingredients

2 cups Jackfruit (young/green, drained and rinsed)
1/2 cup Water
2 tbsps Tamari
1 tsp Cumin
1 tsp Smoked Paprika
1/4 cup Tahini
1 tbsp Maple Syrup
1 tsp Apple Cider Vinegar
1/4 cup Hemp Seeds
4 Corn Tortilla
2 cups Baby Spinach
1/4 cup Red Onion (medium, thinly sliced)

Directions

- 1 In a saucepan over medium-high heat, add the jackfruit, water, tamari, cumin, paprika, tahini, maple syrup and vinegar. Stir until well combined and use a wooden spatula to break up and shred the jackfruit. Cook for 15 minutes or until the jackfruit is soft and the sauce has thickened. Stir in the hemp seeds and set aside.
- 2 Meanwhile, heat corn tortillas according to package instructions.
- 3 Top the tortillas with spinach, jackfruit filling and red onion. Fold into tacos and enjoy immediately!

Notes

Storage: Refrigerate the jackfruit mixture separately in an airtight container up to 3 to 5 days. Heat the corn tortillas just before serving.

No Corn Tortillas: Use brown rice tortillas, hard shelled tacos, or serve over sweet potato chips instead.

No Jackfruit: Use lentils, chickpeas, firm tofu, tempeh, chicken or turkey instead (using less water accordingly).

Serving Size: One serving is equal to one taco.