



Recipe name:

BBQ jackfruit pulled pork tortilla wraps with sweet Jalapeño peppers with vegan tzatziki

Recipe description:

An easy but exciting vegan dish turning BBQ-spiced jackfruit into a pulled pork substitute! With creamy avocado and sweet jalapeño pepper vegan tzatziki, quickly dial up the heat any day of the week!

As a tasty vegan meat substitute, jackfruit makes these delicious, quick and easy 30-minute BBQ jackfruit pulled pork wraps. Flavoured with a sweet jalapeño pepper vegan tzatziki, which doubles up as a great dipping sauce for homemade chips.

Prep Time

20 minutes

Cook Time

10 minutes

Serves:

4-6

Made with:

PEPPADEW® Jalapeño Mild Halves

Course:

Lunch / Dinner

Occasion:

BBQ

Ingredients:

- 1kg jackfruit in brine or water
- 1 tsp smoked paprika

- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tbsp olive oil + more for frying
- 1 medium red onion
- 2 garlic cloves, minced
- 280g BBQ sauce
- Water (if needed)

Vegan jalapeño tzatziki:

- 1 cucumber
- Flaky salt
- PEPPADEW® Jalapeño Halves, diced
- Coconut or vegan yoghurt

Wrap fillings:

- Lettuce
- 1 avocado
- Onion slices
- PEPPADEW® Jalapeño Halves, sliced
- 4–6 tortilla wraps

Method:

1. Drain, rinse and thoroughly dry the jackfruit. Place in a large bowl or plate. Using your fingers or forks, break apart the chunks of jackfruit into shredded pieces. Add the paprika, cumin, oregano and the oil. Toss to combine and set aside to marinate.
2. Heat the oil in a large pan. Add the onion and cook until translucent, about 5 minutes. Add the garlic and cook for an additional 1 minute, until the garlic is fragrant.
3. Add the BBQ sauce, stir and cook covered for another 10 minutes on low heat. Add a little water as needed during cooking. The jackfruit will become more tender the longer it cooks.

Prepare the vegan JALAPEÑO tzatziki:

1. Grate the whole cucumber into a fine sieve. Add a generous amount of flaky sea salt then leave to drain over a bowl for 10 minutes. Squeeze as much excess liquid through the sieve as you can.
2. Chop the PEPPADEW® Jalapeño Halves into small cubes.
3. Add the non-dairy yoghurt to a bowl, and combine the diced jalapeños and drained cucumber. Add salt and pepper to taste.
4. Place the salad leaves onto the tortilla wraps, followed by the BBQ jackfruit, top with onion slices, avocado slices, Jalapeño slices and the vegan tzatziki.

Serving Suggestion:

Serve with fries and use the Jalapeño vegan tzatziki as a dipping sauce.