

# Jackfruit Pulled Pork

SERVINGS  
4

PREP TIME  
5 MIN

COOK TIME  
15 MIN

TOTAL TIME  
20 MIN

Smoky, caramelized jackfruit and onions tossed in tangy BBQ sauce, piled high on a bun and topped with creamy poppyseed coleslaw. A hearty, satisfying sandwich in just 20 minutes.



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## Ingredients

## Directions

1

- 1 Small Onion
- 1 Can Jackfruit in Brine

- Cut onion into thin slices.
- Drain and roughly chop the jackfruit.

2

- 1-2 tbsp Olive Oil

- Heat a drizzle of olive oil in sauté pan over medium heat.
- Add onions and cook about 3 minutes, until slightly translucent.
- Add chopped jackfruit and cook about 10 minutes, until slightly charred, stirring often and using the spatula to break up the chunks into smaller pieces.

3

- 1 Cup BBQ Sauce

- Add BBQ sauce (*most brands are vegan - just double check your label*) and cook an additional 2 minutes, until slightly caramelized, stirring often.

4

- 1 Bag Cabbage Coleslaw Shreds, 14 oz
- ½ Bottle Brianna's Poppyseed Dressing
- Salt & Pepper (To Taste)

### **WHILE JACKFRUIT IS COOKING, PREPARE COLESLAW**

- Place cabbage shreds into large bowl.
- Add Brianna's Poppyseed Dressing and mix well to fully combine, adding more if desired.
- Season with salt and pepper to taste and set aside.

5

- 4 Buns

- Once jackfruit has caramelized with the BBQ sauce, turn off heat and mix well.
- Add desired amount of jackfruit mixture to each bun.
- Top with coleslaw or serve on the side.