



Thai-Style Red Curry Jackfruit Bowl

Serves: 10



Prep time
15 minutes



Cook time
31 minutes



Ready in
46 minutes

Ingredients

For sauce:

- 2 tablespoons vegetable oil, or refined coconut oil
- 3/4 cup Thai red curry paste
- 6 cloves garlic, minced
- 1 (2-inch) knob ginger, minced
- 4 1/2 cups coconut milk
- 1 1/2 cups low-sodium vegetable broth

For bowl and assembly:

- 2 tablespoons vegetable oil, or refined coconut oil
- 1 (2.5-pound) package The Jackfruit Company Naked Jackfruit
- 5 cups snow peas, cut on the bias into 1/2-inch pieces
- 1 large red bell pepper, seeded and sliced or diced
- 1 large zucchini, cut into 1/2-inch-thick half moons
- 1 large red onion, sliced
- 10 cups cooked white rice, or brown rice, kept hot
- 1 cup chopped fresh basil, or chopped fresh cilantro



Preparation

- 1. For sauce:** Heat oil in large saucepan over medium heat. Add curry paste, garlic and ginger, and cook, stirring occasionally, until fragrant, about 1 minute. Whisk in coconut milk and broth. Simmer, stirring occasionally, until sauce thickens, about 10 to 15 minutes.
- 2. For bowl and assembly:** Heat oil in large nonstick skillet over medium-high heat. Add jackfruit and cook, stirring occasionally until golden-brown, about 5 to 6 minutes. Add snow peas, peppers, zucchini, onions and sauce, and cook, stirring occasionally until vegetables are crisp-tender, about 4 to 5 minutes.
- 3.** Divide rice between bowls and top with jackfruit mixture. Garnish with basil, and serve.

Tip: Add eggplant, snap peas and more zucchini to create a veggie-packed bowl!



Southwestern-Style Jackfruit Bowl

Serves: 10



Prep time
15 minutes



Cook time
30 minutes



Ready in
45 minutes

Ingredients

- 2 cups low-sodium vegetable broth
- 1 (7-ounce) can chipotle peppers in adobo sauce
- 3 tablespoons vegetable oil, or refined coconut oil
- 1 large zucchini, cut into 1-inch pieces
- 1 (2.5-pound) package The Jackfruit Company Naked Jackfruit
- 2 large red onions, sliced
- 1/4 cup minced cloves garlic
- 3 (28-ounce) cans crushed tomatoes, or fire-roasted tomatoes
- 1 tablespoon kosher salt
- 10 cups cooked long-grain white rice
- 4 avocados, halved, pitted, peeled and cut into 1/2-inch pieces
- 1 cup fresh cilantro leaves



Preparation

1. Add broth and chipotle peppers in adobo sauce in blender, and puree, scraping down the sides as needed, until smooth, about 1 minute.
2. Heat oil in large nonstick skillet over medium-high heat. Add zucchini and cook, stirring occasionally, until light golden-brown, about 3 to 4 minutes. Stir in jackfruit, onions and garlic, and cook, stirring occasionally, until golden-brown, about 4 to 6 minutes. Add chipotle mixture and tomatoes. Simmer, stirring occasionally, over low heat until sauce thickens, about 15 to 20 minutes. Season with salt.
3. Divide rice between bowls and top with jackfruit mixture. Garnish with avocado and cilantro. Serve and enjoy.

Salsa Verde Jack Nachos

Serves: 10-12



Prep time
20 minutes



Cook time
25 minutes



Ready in
45 minutes

Ingredients

For salsa verde:

- 2 1/2 pounds tomatillos, peeled and halved
- 3 small jalapeños, seeded, halved
- 1 large yellow onion, cut into 1-inch pieces
- 5 cloves garlic, peeled
- 3 tablespoons vegetable oil, or refined coconut oil, divided
- 1 cup chopped fresh cilantro
- 2 limes, juiced
- Kosher salt and freshly ground black pepper, to taste
- 1 (2.5-pound) package jack & annie's naked jackfruit

For assembly:

- 1 1/2 cups sour cream, or vegan sour cream
- 1 tablespoon ground cumin
- 1 lime, juiced
- Kosher salt, to taste
- 2 (13-ounce) bags yellow corn tortilla chips
- 5 cups shredded cheddar cheese, or vegan cheddar-style cheese
- 2 avocados, halved, pitted, peeled and sliced
- 2 (2.25-ounce) cans pitted sliced black olives, drained
- 2 large jalapeños, seeded and sliced
- 3 small radishes, thinly sliced
- Fresh cilantro leaves, for garnish

Preparation:

- 1. For salsa verde:** Preheat oven to broil and line a rimmed baking sheet with aluminum foil. Place tomatillos, jalapeños, onion and garlic on prepared baking sheet. Drizzle with 1 tablespoon oil and toss to coat. Broil, tossing vegetables occasionally, until dark golden-brown and tender, about 10 to 14 minutes.
- 2.** Transfer vegetables, cilantro and lime juice to blender and puree until smooth, scraping down the sides as needed, about 1 minute. Season with salt and pepper, to taste.
- 3.** Heat remaining oil in a large skillet over medium heat. Add jackfruit and cook, stirring occasionally until fully heated through, about 5 to 6 minutes. Stir in salsa verde until combined. Remove from heat.
- 4. For assembly:** Combine sour cream, cumin and lime juice in a small bowl. Season with salt, to taste. Place tortilla chips on a rimmed baking sheet. Top with cheese, and broil until melted, about 3 to 5 minutes. Top with jackfruit mixture, avocados, olives, radishes and cilantro. Dollop with sour cream mixture and serve.



THE
JACKFRUIT[®]
COMPANY

BBQ Jackfruit Pizza

Serves: 6

Ingredients

- **1 Package** of The Jackfruit Company Naked Jackfruit - 30.5 oz.
- **4 Cups** of your favorite BBQ sauce, divided
- **1-2 Tbsp** of neutral oil
- **4 Large red onions**, thinly sliced
- **1.5 lb. Mozzarella Cheese**, shredded
- **1 lb. Smoked Gouda**, shredded
- **1 16 oz** Can of tomato sauce
- **4 - 16"** Pizza Crusts



Preparation

1. Combine 2 Cups of BBQ sauce and 1 package of The Jackfruit Company Naked Jackfruit into a bowl and break apart the larger pieces into smaller pieces, mix thoroughly and set aside.
2. Heat a medium-large pan over medium heat and add 1 Tbsp of oil; once heated, add the BBQ jackfruit and cook until the sauce has thickened and caramelized lightly, 5-7 minutes. You may need to work in batches; if so, add more oil for each batch.
3. Combine shredded cheese varieties
4. Add ~3 oz of tomato sauce and 1/2C of BBQ sauce to your crust, then top with ~10oz of shredded cheese. Now add ~7.5 oz of BBQ jackfruit and ~5 oz of sliced red onions.
5. Cook according to your pizza dough instructions.



BBQ Pulled Jackfruit Sandwich

Serves: 6

Ingredients

- **1 Package** of The Jackfruit Company Naked Jackfruit - 30.5 oz.
- **2 Cups** of your favorite BBQ sauce
- **6 Buns**
- **2 Cups** of coleslaw
- **1 Jar** of your favorite pickle brand
- **1-2 Tbsp** of neutral oil



Preparation

1. Combine the BBQ sauce and The Jackfruit Company's Naked Jackfruit into a bowl and break apart the larger pieces into smaller pieces, mix thoroughly and set aside.
2. Heat a medium-large pan over medium heat and add 1 Tbsp of oil; once heated, add the BBQ jackfruit and cook until the sauce has thickened and caramelized lightly, 5-7 minutes. You may need to work in batches; if so, add more oil for each batch.
3. Split your buns and use ~5 ounces or ½ cup of BBQ jackfruit per sandwich, top with ~1/3 cup of coleslaw and a couple pickles.

Note: Adjust the amount of BBQ sauce to your liking; feel free to use more or less!