



## Jackfruit tacos



Shredded jackfruit is a wonderful substitute for meat, with a texture just like pulled pork or beef. Here we use it with our taco blend for a quick and easy meat-free dish (and yes, this photo really is how it looks!). **serves 4-6**

- 2 tins (unsweetened) jackfruit pieces
  - 2 tbsp vegetable oil
  - 1 tbsp taco blend
  - Chopped fresh chillies (optional)
1. Heat the oil in a pan and gently fry the spices and optional chillies for a few minutes.
  2. Drain the jackfruit and add to the pan. Cook over a low heat for about 20 minutes to ensure it is heated through.
  3. Remove from the heat and shred the jackfruit with 2 forks.
  4. Serve in tacos with guacamole, salad and mild cheese.