

JACKFRUIT BANH MI BOWLS (V, GF)

Serves 4

Ingredients

For the jackfruit:

2 200z cans jackfruit in brine (Trader Joe's), drained, rinsed and shredded with 2 forks
1/4 cup veggie broth
1/3 cup coconut aminos
juice of 1 lime
2 TBS maple syrup
1 tsp minced ginger
1 clove of garlic, minced
2 green onions, chopped

For the quick pickled veggies:

1 C each shredded carrots, thin sliced radishes and thin sliced banana peppers
3 TBS rice wine vinegar
3 TBS white vinegar
1 tsp coconut sugar
juice of 1 lime

To serve with the jackfruit and pickled veggies in the bowls:

Jasmine rice, sliced avocado, sliced scallions, quartered and sliced cucumber, spicy kimchi and Sriracha sauce.

Directions

1. To make the jackfruit, combine all ingredients in a bowl and marinate for at least 1 hour or up to 3. Once marinated, set the oven to 375 and line a baking sheet with tin foil. Drain the marinade and lay the jackfruit evenly on the baking sheet in one layer, cooking for 20-25 minutes, stirring around once, until the jackfruit has dried out a bit and started to crisp up.
2. To make the quick pickled veggies, combine all ingredients in a bowl and let it sit for at least 10 minutes. You can let this sit longer, for up to 4 days.
3. Assemble the bowls starting with 1/4 cup of cooked jasmine rice, followed by the remaining toppings of your choice.

