

Baked Potatoes With Bbq Jackfruit And Red Cabbage And Apple Coleslaw

Takes a little more time to prepare but so worth it. The combination of flavours is heavenly.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 25 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Cabbage, red, raw	0.5 small - head - 4" diameter
Apple, fresh, without skin	1 medium - 3" diameter before peeling
Carrots, raw	1 medium - 6" to 7" long
Red wine vinegar	0.3 cup
Maple syrup	1 tablespoon
Dijon mustard	1 teaspoon
Potato, boiled, with skin	4 medium - 2 1/4" to 3 1/4" diameter
Olive oil	1 teaspoon
Paprika	1 teaspoon
Turmeric, ground	0.5 teaspoon

Salt, sea salt	1 dash
Jackfruit, canned in syrup	28 ounce
Onion, white, yellow or red, raw	1 small
Liquid aminos natural soy sauce alternative	6 x 1 tsp
Barbeque sauce (bbq), store bought	1 cup
Arrowroot flour	1 tablespoon
Black pepper, ground	1 dash
Avocado, black skin (hass)	1 each
Scallions or spring onions, tops only, raw	2 stalk
Salad dressing (ranch, regular)	2 tablespoon

Instructions

When purchasing jackfruit ensure it is the kind for cooking without syrup in the can. Usually it will say on the label if it is for cooking. The other kind is too sweet and will not work in this recipe.

Red Cabbage and Apple Coleslaw

Make at least half hour before serving.

Add to a medium bowl:

1. Thinly slice or shred cabbage.
2. Peel apple (tart such as granny smith) and slice very thin, matchstick size.
3. Grate one medium carrot.
4. In a cup or small bowl combine 1/3 cup red wine vinegar or sherry vinegar, maple syrup and Dijon mustard. Add the dressing mixture to salad and toss to combine.

Baked Potatoes

1. Peel and cut potatoes and steam or boil until almost done.
2. Preheat oven to 375 F.
3. Place potatoes on baking sheet. Add oil, turmeric, paprika and salt and gently toss until mixed.
4. Place potatoes in oven and bake for up to 25 minutes turning half way through.

BBQ Jackfruit

1. While potatoes are steaming or when they are in the oven begin preparing the jackfruit.
2. Drain and rinse jackfruit and tear apart with your hands into shreds. In a small bowl mix together 1/2 cup of the BBQ sauce and arrowroot powder - set aside.
3. In a medium sized deep cast iron skillet heat oil over medium heat and sauté onions. Cook onions until translucent. Add the shredded jackfruit and aminos. Cook until the liquid is absorbed.
4. Add 1/2 cup of BBQ sauce (without the arrowroot powder) to the jackfruit and stir. Let cook for 3-5 minutes, stirring occasionally or until liquid is absorbed and jackfruit begins to stick to the pan. Reduce heat a little if necessary.
5. Add the BBQ sauce with arrowroot powder and stir until well combined.
6. Remove from stove top and place cast iron pan with jackfruit in the oven for 10 minutes. Time the jackfruit so that the potatoes and jackfruit are ready at the same time.

Assembly

Spread the potatoes on the bottom of a plate. Top with jackfruit. Top with avocado slices and chopped scallions. Drizzle with ranch dressing. And finally, top with a generous helping of coleslaw. You can either prepare one large platter or smaller portions, with the same assembly, per plate.