



**Soy Braised Jackfruit
Rice Bowl**



Prep **15 mins**
Cook **35mins**
Serves **4 people**

Braised Jackfruit Ingredients

- 4 tbsp sugar
- 2 tbsp water
- 1 onion finely chopped
- 4 cloves of garlic minced
- 1 thai chilli
- 1 cup water
- 5 tbsp Essential Tamari Soya Sauce
- 1/2 tsp ground black pepper
- 2 cans Essential Young Jack Fruit in Salted Water
- 3 spring onions, finely sliced to garnish

Sesame Slaw Ingredients

- 1 carrot, grated
- A small wedge of red or white cabbage, finely sliced
- 1 small spring onion, finely sliced
- A small bunch of fresh coriander leaves, finely chopped
- 2 tbsp Essential Tamari Soya Sauce cut into slices so it's easy to blend
- 1 tsp Essential Sesame Oil
- 2 tsp Clearspring Brown Rice Vinegar
- 1 tsp maple syrup
- 1 tbsp toasted sesame seeds

Braising is a great way of introducing deep flavour into a dish through slowly cooking over a low flame, and jackfruit is the perfect contender for braising as it soaks up all that flavour.

A popular method in Vietnam and China, the key to this dish is caramelising the sugar at the beginning until it's golden brown, bringing a complex nutty flavour to the dish. We're serving this with a fresh slaw flavoured with a sweet sesame dressing.

1. Add the sugar and 2 tbsp water to a medium saucepan. Stir until dissolved, then heat over medium flame until the sugar starts to bubble. Keep heating without stirring until the sugar caramelises and reaches a golden brown color.
2. At this point, add the finely chopped onion, minced garlic and thai chilli and cook for one more minute.
3. Pour in the water and cook for 1-2 minutes or until the caramel has dissolved.
4. Add the soy sauce and ground black pepper.
5. Finally, add the jackfruit, stir, cover and simmer for 20 minutes. Once the jackfruit has broken down, break up into strands with a fork or back of a spoon and allow to simmer for a further 10 minutes.
6. Serve over rice and top with green onions and a simple slaw.

