



Piri Piri Jackfruit Tacos
with Mango Salsa



Are you looking for a vibrant, flavourful, and plant-based twist on classic tacos? These Piri Piri Jackfruit Tacos are a perfect choice! Combining the meaty texture of young jackfruit with the bold and spicy flavors of Essential's piri piri seasoning, these tacos are ideal for a weeknight dinner or a weekend gathering.

prep **30 mins**
cook **1 hour**
serves **3 - 4 people**

Piri Piri Jackfruit

- 1 red onion– chopped
- 1 red bell pepper – chopped
- 4 cloves garlic – sliced
- 1 400g tin chopped tomatoes
- 3 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons piri piri seasoning
- 1 heaped tablespoon paprika
- 2 tablespoons lemon juice
- 2 400g tins young jackfruit – drained and rinsed

Mango Salsa

- 1 400g tin mango chunks
- 4 medium tomatoes – diced
- ½ red onion – finely chopped
- 50g jalapenos – finely chopped
- bunch coriander – finely chopped
- juice of 1 fresh lime
- 1 teaspoon crushed chillies – optional

1. Combine the ingredients for the mango salsa in a bowl and pop in the fridge for at least 30 minutes.

2. Drain and rinse the jackfruit thoroughly. Cut the larger pieces to ensure they are bite-sized and shred them slightly to create a “pulled” texture.

3. Heat the olive oil in a large pan over medium heat. Add the chopped red onion and cook for about 5 minutes, until it becomes soft and translucent. Add the sliced garlic and chopped red bell pepper to the skillet. Sauté for another 3-4 minutes, until the bell pepper starts to soften.

4. Add the piri piri seasoning mix and paprika to the pan. Stir well to coat the vegetables with the spices and cook for about 2 minutes, allowing the spices to release their flavours. Pour in the chopped tomatoes (with their juice) and the red wine vinegar. Stir well to combine all the ingredients. Let the mixture come to a simmer, then reduce the heat to low. Allow it to cook for about 10 minutes, stirring occasionally.

5. Transfer the sauce mixture to a blender and blitz until smooth. Return the mixture to the pan and heat through again.

6. Add the jackfruit to the pan. Stir well to ensure the jackfruit is evenly coated with the sauce. Simmer the mixture for another 15-20 minutes, stirring occasionally, until the jackfruit is tender and has absorbed the flavours of the sauce. Once the jackfruit is tender, stir in the lemon juice. Adjust the seasoning with salt and pepper to taste. Let the mixture cook for another 2-3 minutes, allowing the lemon juice to infuse with the other flavours.

7. Warm your taco shells or tortillas according to package instructions. Spoon the piri jackfruit mixture into the taco shells. Add your favourite taco toppings such as shredded lettuce, diced tomatoes, avocado, fresh coriander, and/or a sprinkle of vegan cheese as well as the mango salsa. Serve the piri piri jackfruit tacos immediately while hot. Enjoy the spicy, tangy, and flavourful tacos with a side of lime wedges for an extra burst of freshness.

Tips

- You can adjust the heat level by adding more or less piri piri seasoning mix according to your taste.
- For added texture, you can lightly crisp the jackfruit in the oven or in the air fryer for a few minutes before adding it to the sauce.