

Jackfruit & Blackbean Tacos

Takes 25 mins | Serves 4-6

GF, NF, SF, OF*

Simple ingredients, jam packed flavours, with the flavour of "chicken". A beautiful fresh Mexican-inspired meal for any time of year (no chilli either).



Jackfruit & Black Bean Mix

- 1 onion
- 3 cloves garlic, finely chopped
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder
- 400g can black beans, drained & rinsed
- 400g can jackfruit, drained & chopped
- 1 tomato, diced
- 1 tsp sea salt
- cracked black pepper

Guacamole

- 1 avocado
- 1 tomato, diced
- juice of ½ lime
- ¼ tsp sea salt
- cracked black pepper

To Serve

- 12 small corn tortillas
- microgreens / sprouts
- sauerkraut
- chilli sauce
- tortilla chips (optional)

01

Pan-fry the onion over medium heat in a little olive oil or water until soft, then add the garlic and spices and cook for a few minutes. Add the black beans, jackfruit, and tomato, and simmer for 10 minutes to infuse the jackfruit with flavour. Season with salt and pepper.

02

Heat the tortillas in the oven at 120°C fan bake for 5-10 minutes or until warm. Alternatively, you can heat them in a pan briefly on each side, or in the microwave for 20 seconds.

03

Mash the avocado and stir through the rest of the guacamole ingredients.

04

To serve, layer each tortilla with a line of guacamole, the jackfruit and black bean mix, then top with sprouts, sauerkraut, and chilli sauce. Serve with some tortilla chips on the side, and extra salad if desired. Leftover jackfruit & black bean mix will keep for 5 days in the fridge; the guacamole is best used on the day.

* See the Notes section inside Cooking School for dietary substitutions, tips, and more.