



## *Garlic, Soy Shredded Chick'n*

MAIN MEAL OR LIGHT MEAL

This is a delicious alternative to the popular barbeque pulled 'pork' recipes you may have come across. It requires a bit more effort than some of our other recipes but it's well worth it.

### Ingredients:

- Young Green Jackfruit x 2 cans in brine (565grams per can (20 ounces per can)
- Vegan & Gluten-free "chicken" stock cube (4.9 grams/.17 ounces)
- Soy sauce: 3 tablespoons  
Garlic cloves: 3 chopped finely
- Sweet soy sauce: 2 tablespoons
- Water to deglaze the pan

Open the jackfruit cans, drain and soak in water for at least 2 hours. After soaking rinse at least 3 times. This is done to remove the brine solution which is often very salty.

To prepare the jackfruit remove the core from the fruit(the strands) also remove any hard pieces including the seeds(please see the recipe video for a demonstration).

Shred the jackfruit and place in a bowl. Soak for 30 minutes in water before draining. Crush and add the stock cube along with garlic and soy sauce to the shredded jackfruit.

Mix well, cover and marinate overnight. Place your non-stick pan on medium-high heat. Once the pan is heated add your jackfruit, scallions/spring onion and sweet soy to the pan. Stir, cover and leave for a few minutes. Stir fairly regularly but ensure you leave it for long enough so that the jackfruit is able to caramelize. Once brown and some parts caramelized deglaze the pan with 3-4 tablespoons of water.

You can serve this in a variety of ways, our family favorite is having it in gluten-free wraps, which is shown in the recipe video.