

LENTIL & JACKFRUIT TACO'S

with Creamy Chipotle Dressing

Jackfruit is a fantastic ingredient to use in vegetarian cooking as it can take on flavours very easily and it resembles a replacement to pulled pork and pulled beef in texture and appearance. Banana blossom is a good substitute if you struggle to source jackfruit.

INGREDIENTS

TACO'S

1 x 400g tin Jackfruit
1 x 400g tin Brown lentils
90g Onion
2 tablespoons minced Garlic
2 teaspoons ground Cumin
1 teaspoon ground Coriander
1 teaspoon Sweet paprika
1 teaspoon Smoked paprika
1/4 teaspoon Chipotle powder
2 tablespoons Brown sugar
Juice of 1/2 a Lime

CREAMY CHIPOTLE DRESSING

1/4 cup Mayonnaise
1 cup Sour cream
1/4 teaspoon Garlic powder
1/4 teaspoon Chipotle powder
1/4 teaspoon Sweet paprika

PLATING UP

Red cabbage
Corn on the cob
Coriander
White onion
Lime wedges

METHOD

TACO'S

1. Drain and rinse the lentils and jackfruit then set aside. Finely slice the brown onion, it can be left as slices or diced.
2. Heat a large frying pan over medium-high heat. Add a splash of olive oil to cover the base of the pan. Add the onions to the pan and saute (cook) for 2 minutes until the onions are translucent. Add the minced or finely chopped garlic to the pan and sprinkle with a pinch of salt to prevent the garlic from burning. Saute for another 2 minutes.
3. Add the spices; cumin, coriander, sweet paprika, smoked paprika and chipotle to the pan. Add more oil if needed to heat the spices.
4. Add the lentils and jackfruit to the pan along with a splash of water, mix through the onions and spices. Allow the water to simmer and thicken to a gravy-like texture.
5. Season the Lentil & Jackfruit mix with brown sugar and lime juice. Taste the mixture and add more salt if needed. Then remove from the heat.

CREAMY CHIPOTLE DRESSING

6. Add the sour cream and mayonnaise to a bowl with high sides. Add the spices to the bowl.
7. Add a splash of water to the bowl and whisk to combine. Continue to add small quantities of water to the dressing until you reach the desired consistency.
8. Pour dressing into a squeeze bottle to make it efficient for service and plating up the Lentil & Jackfruit Taco's.

PLATING UP

9. Gently heat tortillas in the oven or in a dry frying pan, then place on a plate. Add the Lentil & Jackfruit filling to the centre of the tortilla. Top with finely shredded red cabbage, charred corn, white onion, fresh coriander and a drizzle of Creamy Chipotle Dressing.