

# Vegan Jackfruit Tacos

Delicious Vegan Jackfruit Tacos with smoky spices and meat-like texture. Easy plant-based Mexican recipe ready in 30 minutes with customizable toppings.

10 min

PREP

20 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Vegan Jackfruit Tacos

## Ingredients

- 1 tbsp olive oil
- 1 onion
- 3 clove garlic
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp cilantro (coriander)
- 1 tbsp tomato paste
- 1 cup vegetable broth
- 1 cup cabbage
- 1 avocado
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the jackfruit**

Drain and rinse the canned jackfruit thoroughly under cold water. Use your hands or a fork to shred the jackfruit pieces into thin, pulled-pork-like strands, discarding any hard cores or seeds you find.
- 2 Sauté the aromatics**

Heat 1 tablespoon olive oil in a large skillet over medium heat until shimmering, about 1 minute. Add 1 diced onion and cook, stirring occasionally, until soft and translucent, about 4-5 minutes.
- 3** Add 3 minced garlic cloves to the pan and cook, stirring constantly, until fragrant, about 30 seconds.
- 4 Toast the spices**

Add 1 teaspoon smoked paprika, 1 teaspoon cumin, 1 teaspoon chili powder, and 1 teaspoon ground coriander to the pan. Stir constantly for 30-60 seconds until the spices are fragrant and lightly toasted.
- 5 Cook the jackfruit**

Add the shredded jackfruit to the pan and stir well to coat with the spice mixture. Cook for 2-3 minutes, stirring frequently, until the

jackfruit is heated through.

6 Stir in 1 tablespoon tomato paste and cook for 1 minute until it darkens slightly. Add 1 cup vegetable broth and season with 1 teaspoon salt and 1 teaspoon black pepper.

7 **Simmer the filling**

Reduce heat to medium-low and simmer uncovered, stirring occasionally, for 12-15 minutes until most of the liquid has evaporated and the jackfruit is tender and well-seasoned.

8 **Warm tortillas and finish**

Heat a dry skillet over medium-high heat. Warm each tortilla for 10-15 seconds per side until pliable and lightly spotted. Remove jackfruit from heat and stir in juice from 1 lime.

9 **Assemble and serve**

Divide the jackfruit mixture among the warm tortillas and serve immediately with your choice of toppings such as shredded cabbage, salsa, avocado, and cilantro.

## Tips

Always drain and rinse canned jackfruit thoroughly to remove excess brine, then shred by hand or with a fork for the best texture.

Toast your spices in the pan for 30 seconds before adding the jackfruit to develop deeper, more complex flavors.

Don't skip the lime juice at the end—it brightens all the flavors and adds essential acidity to balance the rich spices.

For extra smokiness, add a pinch of liquid smoke or use fire-roasted tomatoes in place of regular tomato paste.

Warm your tortillas properly by heating them directly over a gas flame or in a dry skillet until they're pliable and lightly charred.

Prepare toppings in advance and set up a taco bar so everyone can customize their tacos to their preferences.

If the jackfruit mixture seems dry during cooking, add vegetable broth one tablespoon at a time until it reaches your desired consistency.

For meal prep, slightly undercook the jackfruit as it will continue cooking when reheated, preventing it from becoming mushy.