

Vegan pulled chicken wraps with jackfruit

Vegan Pulled Jackfruit

Jackfruit	280 gr (1 can)
Dry rub	0.35 gr
Maxavor® RYE C	3.15 gr
Sunflower oil	8.4 gr
BBQ sauce	28 gr
Flour tortillas	2- 4 pieces
Lettuce or coleslaw	as desired

This pulled chicken is easy to prepare and delicious for a summer BBQ

Pulled jackfruit preparation

- Drain and rinse one can of jackfruit. Remove the core, loosely pull apart and put it in a mixing bowl.
- Stir in the dry rub, add Maxavor® RYE C and sunflower oil (the jackfruit pieces should all be nicely covered).
- Bake at 170°C for 30 minutes
- Stir in the BBQ sauce and bake for another 5 minutes.
- Fill flour tortillas with some lettuce or coleslaw put the pulled jackfruit on top. Add any additional toppings you like.
- Fold the wrap add some extra BBQ sauce if you like and enjoy.

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