

# Pressure Cooker Jackfruit Curry

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 3/4 cups Jackfruit (young, drained and rinsed)  
1 tsp Coconut Oil  
1/2 Yellow Onion (chopped)  
2 tsps Garam Masala  
1 tsp Turmeric  
1 tsp Sea Salt  
3 Garlic (cloves, minced)  
1/3 cup Water  
1 3/4 cups Canned Coconut Milk  
2 Sweet Potato (cubed)  
3/4 cup Tomato Sauce  
3 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Carbs	40g
Fat	21g	Protein	5g

## DIRECTIONS

- 01 Pull the pieces of the jackfruit apart so that it is all shredded.
- 02 Turn your pressure cooker to sauté mode. Add the coconut oil and onion. Cook for 1 to 2 minutes, then add the garam masala, turmeric, and salt. Continue cooking until softened, about 3 minutes. Add the garlic and cook for one more minute. Deglaze with the water.
- 03 Add the coconut milk, sweet potato, and pulled jackfruit. Set to “sealing”, then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 8 minutes, then release manually. Remove the lid carefully.
- 04 Stir in the tomato sauce and spinach. Divide into bowls and enjoy!