

Korean Jackfruit Bowls

3 SERVINGS 40 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry, uncooked)
1 3/4 cups Canned Jackfruit (young, drained and rinsed)
1 Garlic (clove, minced)
1 1/2 tbsps Tamari
1 tsp Coconut Sugar
1/4 tsp Red Pepper Flakes
1/4 Lime (juiced)
1 tsp Sesame Oil
1 Cucumber (diced)
2 Carrot (medium, grated or diced)
1/2 cup Kimchi
1 tbsp Sesame Seeds
1 stalk Green Onion (diced)

DIRECTIONS

- 01 Cook rice according to the directions on the package, and set aside.
- 02 In a pan over medium heat, add the jackfruit, garlic, tamari, coconut sugar, red pepper flakes and lime juice. Stir until well combined and use a wooden spatula to break up and shred the jackfruit. Cook for 15 minutes, or until the jackfruit is soft. Once it is done, add the sesame oil and remove from heat.
- 03 Plate the rice, and add the cucumber, carrots, kimchi and jackfruit. Top with sesame seeds and diced green onion. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	344	Carbs	71g
Fat	5g	Protein	7g