

# Vegan Tuna Salad (with Jackfruit, not Chickpeas!)

## Ingredients

- 2 cans of green jackfruit (20 oz, in brine not syrup)
- 1 small onion
- 2 cloves of garlic
- Oil, for cooking
- 2 TBSP. soy sauce
- ¼ tsp. black pepper
- 1 TBSP. dulse flakes
- Juice from 1 small lemon
- ½ cup vegan mayonnaise
- 1 TBSP. whole grain mustard
- 2-3 scallions

## Steps

1. Open the jackfruit cans and drain the brine. Use your fingers to pick apart the harder end pieces a little before cooking (you'll do this more after you've cooked them). Dice the onion and mince the garlic.
2. Heat a little oil in a skillet and add the onion and garlic. Cook for around 2 minutes before adding the jackfruit, soy sauce and pepper. Continue cooking the jackfruit for approximately 8 more minutes, stirring frequently. Once you're done the jackfruit should have softened slightly- take off the heat and mix in the lemon juice and dulse.
3. Move the jackfruit to a large bowl, and use a potato masher to separate any large chunks. Allow to cool before adding vegan mayo, mustard and green onions (or any other ingredients you prefer in tuna salad) and mixing well to combine.

