

Fresh and Vegan Thai Jackfruit Salad

Ingredients

- 1/3 cup soy sauce
- 2 tbsp. miso paste
- 2 dried shiitake mushrooms
- 2-3 cloves of garlic, peeled and crushed
- 1 large piece of kombu
- 2 cans of green jackfruit, (around 10 oz. per can, canned in water)
- ¼ cup finely chopped cilantro
- 2 tbsp. finely chopped mint
- 1 medium sized shallot
- 1 large bell pepper
- 2 limes
- 1 tsp. Thai chili flakes
- 1 tsp. granulated sugar
- 1 tbsp. neutral flavored oil
- Salt and pepper, to taste

Steps

1. Add the soy sauce, miso paste, shiitake mushrooms, garlic and kombu in a saucepan, along with 2 cups of water. Whisk to combine, and bring to a simmer. Open the jackfruit cans, strain the liquid, and rinse. Gently break apart larger chunks of jackfruit, and place them into the simmering brine. Let simmer for 15 minutes, and then let the jackfruit cool down in the pot.
2. While the jackfruit cools, finely chop the cilantro and mint, and dice the shallots and bell pepper. Combine the juice of two limes along with the chili flakes, sugar, and oil in a small bowl.
3. Once the jackfruit has cooled, strain to remove the liquid. Pick out the kombu, garlic cloves and mushrooms, and discard (you could also dice them and mix them in, if you prefer!) Add the jackfruit, herbs and vegetables, and sauce together in a large mixing bowl. Stir well, and serve right immediately or chilled.

