

# Pregnancy-friendly

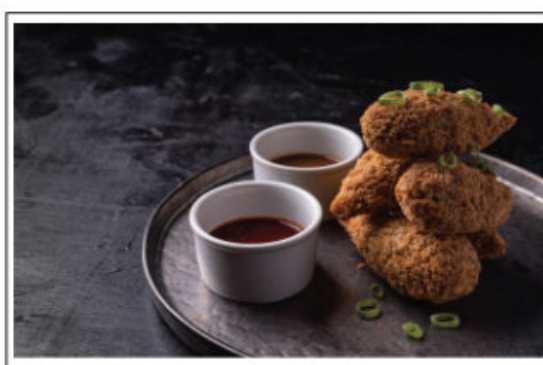
## Jackfruit

### Recipes



**Bao Buns With Pulled Jackfruit Filling**

- 1 Cut the jackfruit into bite-size pieces and use a fork to separate the pieces.
- 2 Heat oil in a pan, add ginger and garlic, and cook for a minute or until aromatic. Stir in the green onions and cook for two minutes.
- 3 Add hoisin sauce, soy sauce, vinegar, maple syrup, chili sauce, and salt. Mix well and add some water. Bring the mixture to a simmer and cook for up to five minutes.
- 4 Turn off the heat. Use the jackfruit mixture as stuffing for Bao Buns. Season with crunchy shredded cabbage, grated carrot, or any other topping of your choice.



**Fried Jackfruit**

- 1 Mix almond milk and apple cider vinegar and set aside.
- 2 In another bowl, mix all-purpose flour, sugar, salt, ground black pepper, onion powder, thyme, ground ginger, smoked paprika, garlic powder, cayenne pepper, and oregano.
- 3 Cut the soft parts of the jackfruit pulp.
- 4 Dip the jackfruit pieces in the almond milk and vinegar mix, followed by the flour mixture and breadcrumbs.
- 5 Add enough oil to a frying pan and turn on medium-low heat. Fry the jackfruit until crisp. Cool and serve with dips of your choice.