

# Jackfruit BBQ “Pulled Chicken”



## Ingredients:

1 can of Organic Jackfruit (water or brine)  
1/2 red onion (sliced)  
1 Tbsp Avocado Oil  
1/2 cup Barbecue Sauce  
Applewood seasoning (to taste)  
Pepper (to taste)

## Directions :

1. Drain and rinse jackfruit, remove seed pods during this process
2. Put oil, onion and jackfruit in a skillet on medium heat
3. Cook until jackfruit and onions are tender
4. Add seasonings and barbecue sauce (add little by little and taste as you go)