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LESS SALT.  
MORE PLANTS.



# JACKFRUIT CARNITAS BOWL

WITH FARRO, RED CABBAGE, & MUSTARD GREENS

MAKES 6 SERVINGS

## INGREDIENTS

- 2 cups dry farro
- 3 20-oz cans jackfruit in brine or water
- 2 tbsp grapeseed oil
- 1 12-oz can unsalted diced tomatoes
- 3 tsp paprika
- 2 tsp cumin
- 1 1/2 tsp garlic powder
- 1 1/2 tsp chili powder
- 1/2 large head red cabbage
- 3 cups white vinegar
- 3 cups water
- 1/4 tsp sugar
- 8 cups mustard greens, washed
- 5 cloves garlic, thinly sliced

## METHOD

- 1 Add 1-part farro to 2-parts boiling water, reduce heat to a simmer and cover. Cook for 20 minutes.
- 2 Strain and rinse jackfruit. Clean it by removing the core and the seeds from each chunk, and shredding into chunks.

- 3 Sauté the jackfruit in 1 tbsp oil, adding diced tomatoes, paprika, cumin, and powders until the fruit is well-coated and sauce is no longer wet. Remove from heat and serve warm.
- 4 Cut the red cabbage into thin strips with a knife or mandoline and place in a heatproof bowl. Heat the vinegar with equal parts water, 1/4 tsp sugar; bring to a boil. Remove the liquid from heat and pour over the cabbage. Allow to pickle at room temperature until liquid cools. Store in liquid.
- 5 Sauté the mustard greens over medium heat with 1 tbsp oil and the sliced garlic.

## ASSEMBLY

Add 3/4 cup of cooked farro to a bowl. Top with equal parts pickled cabbage, sautéed mustard greens, and pulled jackfruit. Top with herbs and seeds.

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**NUTRITION FACTS:** Calories 390 Total Fat 9g Sodium 400mg Fiber 12g Protein 14g