

Jackfruit Arepas

Serves 12 Arepas

Ingredients

PULLED JACKFRUIT

- 12 oz frozen *Jackfruit*
- 1 tbsp *Tomato Paste*
- 1/2 cup *Vegetable Stock*
- 1 large *Onion* (thinly sliced)
- Seasonings: *Cumin, Garlic powder, Onion powder, Smoked paprika, Chili Powder, Cayenne, Sea salt, pepper*

CHICKPEA CHEESE SAUCE

- 15 oz *Chickpeas* (from can or cooked from dry)
- 1/2 cup *Nutritional Yeast*
- 2 *Garlic Cloves*
- 2-3 tbsp *Tahini*
- 2-3 tbsp *Olive Oil*
- *Onion Powder* or 1/4 *Fresh Onion* (optional)
- 1 tsp *Apple Cider Vinegar* (optional)
- 1 cup *Plant-Based Milk* (or more depending on desired consistency)

SALAD STUFFING

- 15 oz *Black Beans* (from can or cooked from dry)
- 15 oz *Corn* (from can or frozen)
- 3 - 4 *Organic Sweet Peppers* (diced)
- *Organic Grape Tomatoes* (diced)
- *Organic Iceberg Lettuce* (diced)
- 1 *Lime*
- Seasonings: *Fresh Cilantro, Oregano Powder, Bay Leaf Powder*

AREPAS

- 4 cups *Instant Corn Flour (Pre-cooked Corn Flour)*
- 4 cups *Warm Water*
- *Coconut Oil for Pan* (optional)

Instructions

PULLED JACKFRUIT

1. Defrost frozen **Jackfruit** or Prepare fresh **Jackfruit**
2. Heat a skillet or pot to medium heat
3. Thinly slice the large **Onion**.
4. Add the Jackfruit and **Onion** to the skillet
5. Once sizzling, add **Tomato Paste, Vegetable Stock, and Seasonings**
6. As soon as you see signs of boiling, reduce to a simmer.
7. Leave to cook low and slow
8. After 15-20 minutes, start to shred the **Jackfruit**.
9. Leave on low and slow cook until ready to serve.

CHICKPEA CHEESE SAUCE

1. Remove the husk from the **Chickpeas** (optional, but does produce a smoother consistency sauce)
2. Add the **Chickpeas, Garlic Cloves, Nutritional Yeast, Tahini, Olive Oil, Onion Powder, Apple Cider Vinegar and Plant-Based Milk** to a blender or food processor and blend.
3. Add more **Plant-Based Milk** if needed (aka if it desire more of a “pour” consistency)
4. Leave until ready to serve (keep in mind when you let it sit, it may harden or become thick again so if you need to add more liquid and blend again before serving)

SALAD STUFFING

1. Drain and rinse **Black Beans and Corn** (if using from a can)
2. Dice **Sweet Peppers, Tomatoes, Lettuce and Cilantro**.
3. Add **Black Beans, Corn, Sweet Peppers, Tomatoes, Lettuce and Cilantro** to a bowl and mix together.
4. Add the juice of the **Lime** and **Oregano Powder** and mix again.
5. Set aside until ready to serve.

AREPAS

1. Pour the **Warm Water (90-110 degrees F)** into a large bowl and gradually sprinkle in the **Instant Corn Flour** stirring between each addition.
2. When it's cool enough to handle, use your hands to gently knead it for a minute.
3. Allow the dough to rest for 10 minutes. When ready, it should be moist but not sticky. If the dough is too dry (cracking a lot when shaping), add a little more **water**. If it's too wet, add more **flour** (the flour brand, climate, and humidity can all affect this).
4. Divide the **Arepa Dough** into 6 portions (about 110-120 grams per arepa) and roll each into a ball before flattening them into disks about ½ - ¾ -inch thick.
5. If any small cracks appear, use wet fingers to gently pat them until smooth.
6. Heat a large pan or cast-iron skillet over medium heat and add **Coconut Oil**.
7. Cook them for about 5 minutes per side until they are golden brown on both sides (If you want the arepas to be very crispy, then bake them in the oven for 10 minutes at 360 °F)
8. Allow them to cool for just a few minutes before cutting each **Arepa** (a serrated knife works best while holding the warm **Arepas** with a kitchen towel) about ¾ of the way around to create a pocket and stuff them with all fillings.

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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