



## Recipes

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### Pulled Jackfruit Bourbon BBQ Soft Tacos

Prep Time: 30 Minutes

Serves 12

#### Ingredients:

24 each 6" Smart Hearty Grains™ Tortilla (47086)  
6 cups BBQ Bourbon Pulled Jackfruit, see related recipe Kalamata Olives  
6 cups Cabbage and Jicama Slaw, see related recipe  
1 1/2 cups Pickled Red Onions  
3 each Limes , cut into 8 wedges

#### Directions:

1. To prepare one taco, top one warmed tortilla with 1/4 cup of BBQ Bourbon Pulled Jackfruit, 1/4 cup of the Jicama Slaw, 1 tbsp. pickled red onion and serve with a lime wedge.
2. Serve 2 tacos per order.

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### BBQ Bourbon Pulled Jackfruit

Serves 1

#### Ingredients:

1 1/2 cups Bourbon  
3 cups BBQ Sauce  
6 cups Young Jackfruit, canned, drained and pulled

#### Directions:

1. Combine bourbon and BBQ sauce in a sauce pan over med to low heat. (be careful of flare-ups) reduce until bourbon is cooked out and sauce comes together with BBQ-like consistency.
  2. Add pulled jackfruit and mix until mixture is heated through.
  3. Hold hot for service.
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### Cabbage and Jicama Slaw

Serves 1

#### Ingredients:

3 cups Jicama , peeled, julienned  
3 cups Red Cabbage , shredded  
3/4 cup Fresh Parsley , chopped  
3/4 cup Green Onion , sliced  
1 1/2 cups Celery , shaved thin  
3/4 cup Greek Yogurt , whole milk, plain  
3/4 cup Herbed aioli  
1 1/2 tsp. Kosher Salt  
3 Lemons Lemon Zest  
3 Oranges Orange Zest  
3 Tbsp. Granulated Sugar  
3 Tbsp. Almonds slivers

#### Directions:

1. Combine all ingredients and mix thoroughly. Let marinate under refrigeration for flavors to marry.
2. Store under refrigeration until use.