

Prep 10 Minutes Cook 15-20 Minutes Serves 2-3 People

## INGREDIENTS

- 2 Fresh Garlic Cloves
- 1 Handful of Coriander
- 1 Fresh Lime
- 2 Fresh Green Chillis (optional)
- 1 Tin of Essential Jackfruit
- 2 Tbsp Essential Jerk Seasoning
- 2 Tbsp Essential Olive Oil
- 2 tsp Vegan Honey or Agave Syrup
- Salt and Pepper (season to taste)

## METHOD

Light up the BBQ and get those coals hot. Spoon oil, honey and squeeze fresh lime juice into a mixing bowl. Crush your two garlic cloves into the marinade and puree with sauce until thick. Add the jerk seasoning, finely chopped green chillis and coriander. Drain your tin of jackfruit, empty into a mixing bowl and massage in the marinade. Season with salt and pepper to taste. Feed the BBQ skewers through the jackfruit pieces. Once the coals and grill are hot enough place onto the BBQ Cook for 5 minutes and turn. Repeat this process for 15-20 minutes until the jackfruit is golden and crispy. Serve seasoned with coriander, a drizzle of oil and sesame seeds.



**BBQ JERK  
JACKFRUIT**