

Jackfruit Burger with Jackfruit Seed Hummus

Pulled Jackfruit Filling:

1 Jackfruit
1 tbsp sunflower oil
1 chopped red onion
4 cloves of garlic chopped
Salt (to taste)
Tomato sauce
Brown sugar (1 tbs)
Green chillies chopped (to taste)
Coriander leaves and stalks
Black pepper
Juice of 2 limes

De-skin and de-seed the jackfruit (preserving the seed for the hummus). Heat oil in a frying pan and cook the onion and garlic until soft and translucent. Add the tomato sauce, brown sugar, lime, green chillies and the jackfruit. Add water and leave to simmer for 25 - 30 minutes, covering the pan and stirring ever 5 - 7 minutes. Uncover the pan and let the jackfruit cook another 5 - 10 minutes. Once dry, take the pan off the heat and pull the jackfruit apart with two forks. Stir in the coriander stalks and leaves.



Jackfruit Seed Hummus:

1 cup jackfruit seeds
4 cloves garlic
2 tbs tahini
1 tsp cumin seeds
Salt (to taste)
Juice of 2 limes
2 tbs vegetable oil

Prepare the seeds by boiling them for 10 minutes and removing the plastic-like covering from them. Add seeds and all other ingredients in a blender and blend with oil until super smooth in consistency.

Assemble the burger: Cut buns of choice (I prefer Ragi or Kodo millet buns) into half and toast. Spread the hummus on each half, add the pulled jackfruit filling. Fresh crunch vegetables like cucumber and carrots go exceptionally well with this burger! Assemble and serve!