

Jackfruit Kebabs

2 cans jackfruit
1 tbsp maple syrup
2 tsp ground cumin
1/2 tsp cinnamon
2 tbsp smoked paprika
1/2 tsp chili powder
1 tbsp dried oregano
1 tbsp coconut sugar
2 tbsp tomato paste
4 tbsp coconut aminos
3 garlic cloves, crushed
1 onion, diced finely
1 lemon, juiced

Place the onions, garlic and a little water in a sauté pan. Sauté until the onions soften – this should take 3 – 5 minutes.

Open the cans of jackfruit and drain the water out. Wash the jackfruit well with filtered water to remove any excess salt in the jackfruit. Once drained, scoop the jackfruit out into a food processor.

Add the sautéed onions and garlic, all the spices, maple syrup, lemon juice, coconut sugar, coconut aminos & tomato paste.

Prepare a baking tray lined with parchment paper.

My special trick to making perfectly shaped kebab or burger patties:

Use an ice cream scoop to scoop out the mixture onto the baking tray and use the flat end of a spatula to press down each scoop. The burger should be about half an inch thick and when it cooks down it will be about a quarter-inch thick or more.

Bake the Jackfruit Kebabs for 30 minutes at 375 F and flip the kebabs halfway through to cook both sides. It is also possible to air fry these kebabs at 450 for about 20 minutes for a faster, crisper result.