

# Jamaican Jerk Jackfruit Vegan Tacos with Mango-Avocado Salsa

Prep: 15 minutes • Cook: 25 minutes

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*Smoky-sweet Jamaican jerk–spiced jackfruit delivers a meaty, spicy bite, cooled by a juicy mango–avocado salsa and tucked into warm corn tortillas. Bright citrus, herbs, and chile heat make every taco vibrant and fresh.*

## Ingredients

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- 2 cups mango (peeled and diced (about 2 medium))
- 1 medium avocado (ripe, diced)
- 3/4 cup red onion (diced)
- 1/2 cup cucumber (diced)
- 3 tablespoons orange juice (fresh)
- 3 tablespoons lime juice (fresh (for salsa))
- 1/2 cup cilantro (finely chopped)
- to taste sea salt
- 1 1/2 teaspoons onion powder
- 1 teaspoon paprika (sweet or hot)
- 1 teaspoon black pepper (freshly ground)
- 1 teaspoon dried thyme
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 2 (20-ounce) cans jackfruit (in brine or water; drained, rinsed, cores removed, shredded)
- 2 tablespoons extra-virgin olive oil
- 6 scallions (white and light green parts, sliced)
- 4 cloves garlic (minced)
- 1 1/2-inch piece fresh ginger (grated)
- 1 habanero, serrano, or jalapeño (minced)
- 2 tablespoons coconut sugar or agave nectar
- 2 tablespoons tomato paste
- 1/4 cup tamari
- 3 tablespoons lime juice (fresh (for jackfruit))

- 1/2 cup water
- 12 corn tortillas (charred or warmed)

## Instructions

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1. Make the mango-avocado salsa: In a medium bowl, gently combine mango, avocado, red onion, cucumber, orange juice, lime juice, and cilantro; season to taste with sea salt.
2. Make the jerk seasoning: In a small bowl, mix together onion powder, paprika, black pepper, dried thyme, allspice, cumin, cayenne, cinnamon, and nutmeg.
3. Prepare the jackfruit: Drain and lightly rinse canned jackfruit; remove any thick cores and pull apart with fingers to resemble shredded meat.
4. Heat the oil in a large pot over medium heat.
5. Add sliced scallions and cook until browned, 1 to 2 minutes.
6. Stir in garlic, grated ginger, and minced chile pepper; cook 1 minute, stirring frequently.
7. Add all of the jerk seasoning; stir to coat and cook about 30 seconds until very fragrant.
8. Add shredded jackfruit, coconut sugar (or agave), tomato paste, tamari, and lime juice; stir well to combine.
9. Pour in 1/2 cup water, stir, cover, and cook 20 minutes, stirring occasionally.
10. Warm or char the corn tortillas.
11. Assemble tacos: Fill tortillas with jerk jackfruit and top with mango-avocado salsa; serve immediately.

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**Tags: Vegan, Tacos, Jamaican, Jackfruit, Spicy, Gluten Free**

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