**Vegan pulled jackfruit**

Serves 4 - 6

Use jackfruit to make this clever vegan 'pulled' meat substitute, perfect for stuffing into bread rolls and enjoying with all the barbecue trimmings

* 1 tbsp vegetable oil
* 1 red onion, finely chopped
* 1 tsp ground cinnamon
* 1 tsp cumin seeds
* 2 tsp smoked paprika
* 2 tsp chipotle Tabasco
* 1 tbsp apple cider vinegar
* 4 tbsp BBQ sauce
* 200g tin chopped tomatoes
* 2 x 400g cans young jackfruit

1. Heat the oil in a frying pan and cook the onion until very soft, for around 10-12 mins. Add the cinnamon, cumin and paprika to the onions and cook for a further 2-3 mins.
2. Next add the Tabasco, vinegar and bbq sauce and mix well before adding in the tomato, the drained jackfruit and 200ml water.
3. Leave to simmer gently, covered, for 30 mins stirring every 5-10 mins to help break down the jackfruit, then take the lid off and cook a further 10 minutes.
4. Once cooked, use a fork to make sure all of the jackfruit is well shredded.
5. Check seasoning and add another tbsp of bbq sauce if necessary for extra stickiness.