

Jackfruit Bao Buns

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-steamed-bao-recipe>

Ingredients:

- 4 bao buns vegan, or use burger buns
- 400 grams jackfruit drained
- 1 tablespoon vegetable oil
- 1 onion finely diced
- 2 cloves garlic minced
- 1 1/4 cups tomato ketchup
- 1 tablespoon white wine vinegar or apple cider vinegar or white vinegar
- 2 teaspoons smoked paprika
- 1 teaspoon five-spice
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne or more if you like it hotter
- 2 teaspoons soy sauce
- 1 teaspoon marmite yeast extract, optional
- 1 red onion thinly sliced into rounds
- 3 tablespoons white wine vinegar
- 2 tablespoons water
- 1 teaspoon sugar
- 1 teaspoon salt
- cucumber rounds
- vegan mayonnaise
- red cabbage thinly sliced

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 39 grams
3. Fat: 3.5 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 1640 milligrams

7. Sugar: 28 grams

Thank you for visiting our website. Hope you enjoy Jackfruit Bao Buns above. You can see more 15 chinese steamed bao recipe Dive into deliciousness! to get more great cooking ideas.