

# Jackfruit Curry

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-to-make-jackfruit-indian-style>

## Ingredients:

- 2 tablespoons coconut oil
- 1 onion medium, chopped
- 2 cloves garlic minced
- 1 teaspoon fresh ginger grated
- 4 tablespoons Thai red curry paste
- 1 teaspoon coconut sugar
- 20 ounces jackfruit green, drained
- 2 cups purple sweet potatoes peeled and cut into chunks
- 13 1/2 ounces coconut milk
- 3/4 cup vegetable broth
- 4 kumquats sliced and seeds removed
- 1/4 cup thai basil leaves chopped
- 3/4 teaspoon salt

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 37 grams
3. Fat: 21 grams
4. Fiber: 10 grams
5. Protein: 5 grams
6. SaturatedFat: 17 grams
7. Sodium: 460 milligrams
8. Sugar: 17 grams

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