

Green Jackfruit Chicken Curry

Ingredients

- 1 can green jackfruit or frozen, pieces
- ¼ cup cilantro, chopped
- 1 large onion, thin strips
- 1 tablespoon ginger, chunks
- 1 tablespoon garlic, sliced
- 2-4 green chilis, whole
- 3-4 tomatoes, chunks
- ¼ cup plant yogurt (or 8-10 cashews)
- 1 teaspoon curry powder OR if you'd like to make your own:
 - ¼ teaspoon Kashmiri red chili powder
 - ¼ teaspoon turmeric
 - ¼ teaspoon garam masala
 - 1 teaspoon coriander powder
 - 1 teaspoon cumin powder

Method

In a saucepan, saute your onion, ginger, garlic, chilis, tomatoes, and plant yogurt for 10-15 mins. Using an immersion blender, puree your ingredients. Add the green jackfruit pieces and the spices to the pan and cook for 10-12 mins. Simmer for an additional 8-10 mins until all the flavors come together. Garnish with chopped cilantro and serve with hot brown rice, rotis, or phulkas.

Recipe by Garden Chef Shobha Swamy



ATLANTA BOTANICAL GARDEN