Blue Zones Project®

# Jackfruit Tom Kha Gai

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Plant Based Instant Pot

## Ingredients:

1 3/4 c jackfruit shredded
(can use 1 - 14 oz can)
2 c shitake mushrooms, chopped
3-3 in pieces of fresh lemongrass
1-2 in piece galangal root, sliced
6 Thai lime leaves (kaffir lime)

3 c water
1 tsp tamarind concentrate
1 tsp brown or coconut sugar
1 tsp soy sauce

Before serving:
1 c full-fat coconut milk
1/4 c nutritional yeast
1 to 2 tbsp lime juice

Brought to Hawaii by **HMSA**

## Directions:

1. Shred the jackfruit. Cut the mushrooms, lemongrass, and galangal. Store overnight in the fridge.
2. In the morning, add the jackfruit, mushrooms, lemongrass, galangal, kaffir lime leaves, water, tamarind, sugar, and soy sauce to your Instant Pot. Select slow cooker option and cook on low for 7 to 9 hours.
3. 20 minutes before serving, stir in the coconut milk and nutritional yeast.
   Add lime to taste, and add garnishes if you like (chili oil, lime wedges, chopped cilantro)

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