

Seitan Caesar Wrap

Web Recipe · Lunch

475 cal · 34g protein · 42g carbs · 18g fat · 4 servings

Ingredients

- 8 oz seitan thinly sliced
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 4 large flour tortillas 10-inch
- 4 cups chopped romaine lettuce
- 1/2 cup cherry tomatoes halved
- 1/4 cup red onion thinly sliced
- 2 tbsp capers
- 1/4 cup raw cashews soaked and drained
- 2 tbsp lemon juice
- 1 tbsp dijon mustard
- 1 tbsp nutritional yeast
- 1 clove garlic

Instructions

1. Make the vegan Caesar dressing: blend soaked cashews, lemon juice, dijon mustard, capers, caper brine, nutritional yeast, garlic, and water until smooth. Season with salt and pepper.
2. Slice seitan thinly. Heat olive oil in a skillet over medium-high heat.
3. Season seitan with garlic powder and smoked paprika. Cook 4-5 minutes per side until lightly browned and crispy.
4. Toss chopped romaine with Caesar dressing, cherry tomatoes, red onion, and capers.
5. Warm tortillas in a dry pan for 15-20 seconds per side.
6. Divide the dressed salad and seitan among the tortillas. Roll into wraps and slice diagonally.

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