

Buffalo Seitan Tenders



PREP TIME

10 mins

COOK TIME

1 hr 10 mins



COURSE

Appetizer, Dinner, Lunch



SERVINGS

8 servings

CALORIES

262 kcal

INGREDIENTS

Tenders

- 2 c vital wheat gluten
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp poultry seasoning
- 2 c vegetable broth

Buffalo Sauce

- 1 c Frank's Red Hot Sauce
- 2 Tbsp Earth Balance melted
- 2 Tbsp soy milk unsweetened
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbsp maple syrup

Breading

- 2 c chickpea flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 3/4 c water

INSTRUCTIONS

Making the tenders

1. Bring a large pot of water, about 1/2 - 3/4 full to a boil.
2. In a large bowl, whisk together vital wheat gluten, garlic, onion, paprika and poultry seasoning.
3. Add 2 c water, mixing initially with a spoon, but eventually using clean hands to knead it for 2-3 minutes forming into a 12 inch, fat log.
4. Slice the log into small pieces, bearing in mind that they will expand significantly while steaming. I got 28 pieces out of mine, but you can change yours according to your preferences.
5. Place the seitan pieces carefully in the pot of water. Cover, and immediately reduce heat to low/medium. Simmer for 45 minutes.
6. After 45 minutes, strain the pieces and set aside to cool a bit

Buffalo Sauce

1. In a medium bowl, whisk together hot sauce, garlic and onion powder, soy milk, melted Earth Balance, and maple syrup. Set aside.

Breading

1. In a shallow bowl, whisk together chickpea flour, garlic powder, onion powder, paprika, salt and pepper.
2. Add the water until well incorporated and smooth in consistency. Set aside.

Assembly

1. Dredge a piece of seitan in the breading mixture and place into a greased air fryer basket (or on a greased lined cookie sheet if using an oven). Repeat with as many pieces you can fit. DO NOT CROWD YOUR AIR FRYER. You will likely need to cook in batches if air frying.
2. Cook in air fryer for 12 minutes at 400°F/ 204°C, flipping once half way. If you're using your oven, you can use the same instructions.
3. Repeat until all of your pieces are cooked.
4. Toss each piece in buffalo sauce to coat.

NUTRITION

Nutrition Facts

Buffalo Seitan Tenders

Amount Per Serving

Calories 262 Calories from Fat 23

% Daily Value*

Fat 2.6g **4%**

Carbohydrates 21g **7%**

Protein 28g **56%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!