

Maple Glazed Seitan with Quinoa & Broccoli

**COOK TIME**

45 mins

TOTAL TIME

45 mins

**COURSE**

Dinner, Lunch

**SERVINGS**

7 servings

CALORIES

411 kcal

EQUIPMENT

- 1 small pot
- 1 whisk
- 1 Air Fryer
- 1 medium pot with lid for simmering
- meal prep containers optional

INGREDIENTS

for seitan

- 3.5 c Westsoy or Upton's plain Seitan chunks
- 10 garlic cloves minced
- ½ c maple syrup divided
- 2 Tbsp maple syrup divided
- 3.5 Tbsp apple cider vinegar
- 3.5 Tbsp soy cause
- 1 Tbsp cornstarch scant

for sides

- 1¼ c quinoa dry
- 2½ c water
- 7 c broccoli

INSTRUCTIONS

1. In a small pot, whisk together the garlic, maple syrup, apple cider vinegar, soy sauce, and corn starch while everything is still cold.

- 2. Turn on the heat to medium. Cook for about 5 minutes, being careful not to burn, and whisking often until the sauce thickens a bit.
- 3. While the sauce is cooking, toss your seitan pieces in the air fryer at ~400° for 8 minutes.
- 4. Toss half of the seitan bites in the sticky garlic sauce.
- 5. Combine water and quinoa in a medium pot and bring to a boil.
- 6. Cover, reduce heat, and let simmer for 15 minutes.
- 7. Remove from heat and let sit for 10 minutes. Fluff quinoa with a fork.
- 8. Steam broccoli as normal in a separate pot until bright green.
- 9. In 7 meal prep containers, equally disperse your seitan, quinoa, and broccoli. Store in the fridge.

NUTRITION

Nutrition Facts	
Maple Glazed Seitan with Quinoa & Broccoli	
Amount Per Serving	
Calories 411	Calories from Fat 43
% Daily Value*	
Fat 4.8g	7%
Carbohydrates 52.3g	17%
Protein 38g	76%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!