

# Seitan Caesar Wrap

Web Recipe · Lunch

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

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## 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
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## 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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