

# Vegetable, Seitan, & Brown Rice Stir fry



PREP TIME

30 mins

COOK TIME

1 hr 10 mins

TOTAL TIME

1 hr 40 mins



COURSE

Dinner, Lunch



SERVINGS

7

CALORIES

461 kcal

## INGREDIENTS

- 2 c uncooked brown rice
- 1 1/3 c plain seitan cut into strips
- 1 1/2 c shelled edamame
- 4 c broccoli florets
- 2 red bell peppers thinly sliced
- 2 carrots thinly sliced
- 1 cup snap peas trimmed
- 1 onion thinly sliced
- 4 cloves garlic minced
- 2 Tbsp fresh ginger minced
- 1/4 cup soy sauce or tamari
- 2 Tbsp rice vinegar
- 2 Tbsp sesame oil
- 1 Tbsp cornstarch mixed with 2 Tbsp water
- 7 Tbsp sliced green onions
- 3 1/2 tsp sesame seeds

## INSTRUCTIONS

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1. Combine rice and 4 cups water in a pot and bring to a boil. Cover, reduce the heat to low, and simmer for 45 minutes.
2. Remove from the heat and let it sit covered for 10 more minutes. Fluff with a fork.
3. While the rice is cooking, in a non-stick skillet, heat 1 Tbsp of vegetable oil over medium heat.
4. Add the seitan and cook until golden brown on all sides. Remove from the skillet and set aside.
5. In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, and cornstarch-water mixture. Set aside.
6. In a large wok or skillet, heat the remaining vegetable oil over medium-high heat.
7. Add the onion, garlic, and ginger, and sauté for 2-3 minutes.
8. Add the broccoli, bell peppers, carrots, and snap peas, and stir-fry for 5-7 minutes, or until the vegetables are tender-crisp.
9. Add the cooked seitan to the skillet with the vegetables.
10. Pour the sauce over the seitan and vegetables, stirring to coat evenly.
11. Cook for an additional 2-3 minutes, or until the sauce has thickened.
12. In 7 meal prep containers, divide the rice evenly. (It should be just over ½ cup per container.)
13. Next, evenly distribute your stir fry mixture among the containers.
14. Top each container with 1 Tbsp sliced green onion and ½ tsp sesame seeds.

## NOTES

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To Pare this down: Skip the rice to cut down carbs  
Use half the oil to decrease the fat

To Bulk this up: Use more rice to increase the carbs  
Add avocado, cashews, or more sesame seeds to increase fat

## NUTRITION

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### Nutrition Facts

Vegetable, Seitan, & Brown Rice Stir fry

**Amount Per Serving**

<b>Calories</b> 461	Calories from Fat 86
<b>% Daily Value*</b>	
<b>Fat</b> 9.6g	15%
<b>Carbohydrates</b> 56.6g	19%
<b>Protein</b> 32.9g	66%

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



**Tried this recipe?**

Let us know how it was!