

Seitan Broccoli Teriyaki

Web Recipe · Dinner

430 cal · 35g protein · 50g carbs · 10g fat · 4 servings

Ingredients

- 12 oz seitan sliced into strips
- 4 cups broccoli florets
- 1 large red bell pepper sliced
- 1 cup snap peas
- 3 green onions sliced
- 2 tbsp sesame oil
- 2 cups cooked brown rice
- 1/4 cup low-sodium soy sauce
- 2 tbsp rice vinegar
- 2 tbsp maple syrup
- 1 tbsp cornstarch mixed with 2 tbsp water
- 2 cloves garlic minced
- 1 tsp fresh ginger grated
- 1 tbsp sesame seeds

Instructions

1. Make the teriyaki sauce: whisk soy sauce, rice vinegar, maple syrup, sesame oil, garlic, and ginger. Mix cornstarch with water separately for the slurry.
2. Heat sesame oil in a large wok or skillet over high heat. Sauté seitan strips 5 minutes until browned. Remove and set aside.
3. In the same pan, stir-fry broccoli, bell pepper, and snap peas for 4-5 minutes until crisp-tender.
4. Return seitan to the pan. Pour in the teriyaki sauce.
5. Add the cornstarch slurry and cook 1-2 minutes until sauce thickens and glazes everything.
6. Serve over brown rice. Garnish with sesame seeds, green onions, and red pepper flakes.

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