

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!