

Seitan In Peanut Sauce



COOK TIME

20 mins

TOTAL TIME

1 hr



COURSE

Dinner, Lunch



SERVINGS

4 servings

CALORIES

343 kcal

INGREDIENTS

- 2 tsp chopped fresh ginger
- 3 cloves garlic chopped
- 1 tsp red curry paste
- 15 oz coconut milk (15oz = 1 can) divided
- 16 oz west-soy seitan cubes (16oz = 2 packages)
- 3 Tbsp smooth peanut butter
- 2 Tbsp white sugar
- 1 tsp tamari or soy sauce
- ½ tsp chili garlic sauce
- ½ sweet onion chopped
- 1 bunch fresh spinach chopped
- 4 green onions chopped

INSTRUCTIONS

1. Combine the ginger, garlic, and curry paste in a small bowl. Slowly pour in 1/4 cup light coconut milk; stirring until the mixture is smooth.

- 2. Gently stir in the seitan, coating the seitan with the marinade. Refrigerate for 30 minutes to 1 hour. The longer you let it soak, the more flavorful the seitan will taste!
- 3. Stir together the remaining coconut milk, peanut butter, sugar, tamari, and chili garlic sauce in a medium bowl. Don't worry if it's not completely blended: when you cook it, the various substances will meld wonderfully. Set sauce aside.
- 4. Lightly coat a large skillet with cooking spray; add the chopped onion; cook over high heat for 3 to 4 minutes, or until the onion is tender.
- 5. Stir in the seitan, and cook until the seitan is heated through, about 7 minutes.
- 6. Pour in the sauce, and stir to combine.
- 7. Mix in the spinach and green onions; cook 3 minutes, or until the sauce has thickened and the spinach is cooked.

NUTRITION

Nutrition Facts	
Seitan In Peanut Sauce	
Amount Per Serving	
Calories 343	Calories from Fat 148
% Daily Value*	
Fat 16.4g	25%
Carbohydrates 19.7g	7%
Protein 32.2g	64%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD
soy-free

Tried this recipe?
Let us know how it was!