

Sheet Pan Cashew Seitan



COURSE
Dinner, Lunch



SERVINGS
7 servings

CALORIES
514 kcal

INGREDIENTS

- 1 c soy sauce for soy-free, use tamari or coconut aminos
- ½ c brown rice syrup
- 4 Tbsp rice wine vinegar
- 4 Tbsp sesame oil
- 5 garlic cloves minced
- 4 tsp freshly-grated ginger
- 2 red bell pepper chopped
- 2 orange bell pepper chopped
- 2 red onion chopped
- 4 c broccoli florets
- 16 ounces seitan chopped; for gluten-free, use tofu or other plant-based mock meat
- 1 c raw unsalted cashews
- 3 ½ c cooked basmati or brown rice
- Toasted sesame seeds for topping
- Green onions or chives for topping

INSTRUCTIONS

1. Preheat the oven to 425 F. In a bowl, whisk together the soy sauce, brown rice syrup, vinegar, sesame oil, garlic, and ginger.

- 2. Place the vegetables on the baking sheet and cover them with half of the sauce.
- 3. Toss well. Roast in the oven for 12 to 15 minutes. Meanwhile, place the seitan in a bowl and cover it with the remaining sauce.
- 4. After 15 minutes, push all the vegetables to one side. Place the seitan pieces in the marinade on the baking sheet. Add the cashews on the sheet as well. Roast again for 12 minutes.
- 5. Toss everything together on the sheet before serving.
- 6. In each of 7 containers, add ½ c cooked rice. Top each equally with seitan mixture. Sprinkle with green onions and sesame seeds.

NUTRITION

Nutrition Facts	
Sheet Pan Cashew Seitan	
Amount Per Serving (1 serving)	
Calories 514	Calories from Fat 162
% Daily Value*	
Fat 18g	28%
Carbohydrates 68g	23%
Protein 27g	54%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD
gluten free, soy-free

Tried this recipe?
Let us know how it was!