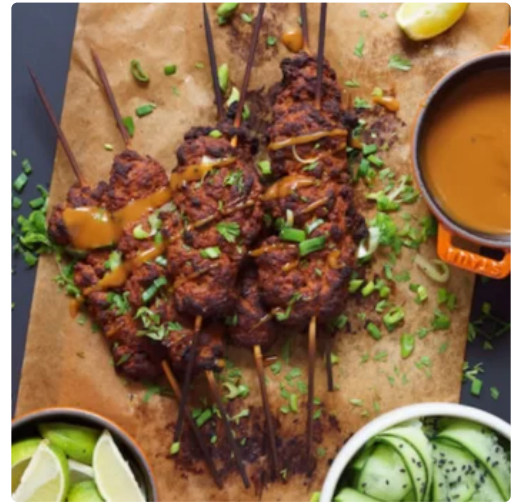


Meaty Seitan Satay with Peanut Sauce



TOTAL TIME

25 mins



COURSE

Dinner, Lunch



SERVINGS

6 skewers

CALORIES

180 kcal

INGREDIENTS

Sauce

- 2 tbsp creamy peanut butter
- 2 tbsp soy sauce
- 2 tbl maple syrup
- 1 tsp sriracha (optional)

Seitan

- 1 cup vital wheat gluten
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp thyme
- 2 tbl nutritional yeast
- 1/2 tsp liquid smoke
- 1 tbl olive oil
- 1 tbl tomato paste
- 2 tbl soy sauce

- 1/2 cup water
- fresh cilantro for garnish
- lime wedges for serving

INSTRUCTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. In a small bowl, combine the peanut butter, 2 tablespoons of soy sauce, maple syrup, and sriracha. Stir until well combined. Set the peanut sauce aside until ready to serve.
3. Stir the vital wheat gluten, garlic powder, onion powder, paprika, thyme, and nutritional yeast in a large bowl to combine.
4. In another small bowl, place the liquid smoke, olive oil, tomato paste, remaining 2 tablespoons soy sauce, and ½ cup water. Stir to combine.
5. Pour the wet mixture into the dry mixture. Stir gently as you pour, until it vaguely resembles ground beef. Knead the dough in the bowl for 2 minutes. It shouldn't stick to your hands at all.
6. Once you have a loose ball, break it into 18 small chunks. Press 3 chunks together to form one larger piece, then flatten it out. That'll be one kebab. Repeat this until you have 6 kebabs.
7. Place the kebabs on the prepared baking sheet. Flatten them out and bake for 10 minutes. Remove and let cool slightly. Turn the over to broil.
8. Wet your skewers with water, and skewer each kebab. Place them back on the baking sheet and return to the oven, broiling each side for 2 minutes. Remove and serve topped with fresh herbs, with the peanut sauce and lime wedges alongside.

NUTRITION

Nutrition Facts

Meaty Seitan Satay with Peanut Sauce

Amount Per Serving (1 skewer)

Calories 180 Calories from Fat 54

% Daily Value*

Fat 6g **9%**

Carbohydrates 12g **4%**

Protein 19g **38%**

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



KEYWORD

gluten, meat, pean butter, protein, Seitan, vegan

Tried this recipe?

Let us know how it was!