

Mongolian Seitan (Vegan Mongolian Beef)



Pan-fried seitan pieces are tossed in a sweet garlic ginger soy sauce to make this meatless Mongolian beef.

Course	Main Course
Cuisine	nut-free, refined sugar-free, vegan, vegetarian
Keyword	mongolian seitan, vegan mongolian beef

Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes

Total Yield	6 servings
Calories Per Serving	324 kcal
Author	Yup, it's Vegan

Ingredients

For the Mongolian beef-less sauce:

- 2 tsp vegetable oil (I used grapeseed oil)
- 1/2 tsp minced or grated ginger
- 3 cloves minced or grated garlic
- 1/3 tsp Chinese five spice (optional)
- 1/3 tsp red pepper flakes
- 1/2 cup low-sodium soy sauce (see note)
- 1/2 cup + 2 tbsp coconut sugar (or use a scant 1/2 cup brown sugar)
- 2 tsp cornstarch
- 2 tbsp cold water

For the crisped seitan:

- 1 and 1/2 tbsp vegetable oil (I used grapeseed oil)
- 1 lb homemade seitan (16 oz.) (or use store-bought seitan), cut into 1-inch pieces

For serving:

- toasted sesame seeds (optional)
- sliced scallions (optional)

Instructions

To make the sauce:

1. Heat the vegetable oil in a small saucepan over medium heat. Add the ginger and garlic; stir constantly. After 30 seconds, add the five spice (if using) and red pepper flakes, and cook for 30-60 seconds more, until fragrant.
2. Add the soy sauce and coconut sugar and stir well. Reduce the heat to medium-low, and let simmer until the coconut sugar is dissolved and slightly reduced, about 5-7 minutes, stirring occasionally.
3. Whisk together the cornstarch and cold water, then add it to the pan and stir. Cook for 2-3 more minutes, until the sauce becomes glossy and thickened slightly. Reduce the heat to the lowest setting and keep simmering gently until ready to add to the seitan.

To make the seitan and finish the vegan Mongolian beef:

1. In a skillet, heat the vegetable oil over medium-high heat. Add the seitan and cook, stirring frequently, for about 4-5 minutes or until slightly browned and crisped around the edges.
2. Reduce the heat to low and add the sauce to the pan. Stir to coat all of the seitan pieces, and continue cooking until the sauce has adhered to the seitan. Remove from the heat and serve hot, with rice and/or vegetables of choice, and garnished with sesame seeds and scallions if desired.

Recipe Notes

LOW-SODIUM SOY SAUCE: I strongly recommend against using full-sodium soy sauce. The sauce will be too salty. If you can't get low-sodium soy sauce then dilute 1/4 of the soy sauce with water.

CRISPY-NESS: With this method of browning the seitan, the end result after adding the sauce isn't super crispy. I also tested this recipe with tossing the seitan in about 1/4 cup cornstarch before frying it, and the

result got and stayed more crispy but also required more oil and worked best in a non-stick pan. Give it a try if you'd like!

Nutrition Facts

Mongolian Seitan (Vegan Mongolian Beef)

Amount Per Serving (1 sixth recipe)

Calories 324 Calories from Fat 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Polyunsaturated Fat 4g

Monounsaturated Fat 3g

Sodium 566mg **24%**

Potassium 76mg **2%**

Total Carbohydrates 33g **11%**

Dietary Fiber 3g **12%**

Sugars 19g

Protein 29g **58%**

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