

Vegan Adobo

This vegan adobo recipe is a plant-based version of a classic Filipino dish, made with seitan "chicken," onions, coconut milk, soy sauce, and cane vinegar.

Prep Time	Cook Time	Total Time
5 mins	35 mins	40 mins



5 from 9 votes

Course: Main Course Cuisine: Filipino Servings: 3

Calories: 474kcal Author: Kaitlin

Ingredients

- 30 ml oil (can use vegetable oil or coconut oil; divided)
- 1 large onion (halved and thinly sliced)
- 4 cloves garlic (peeled and smashed)
- 400 ml coconut milk (make sure you're using a full-fat coconut milk, preferably a brand like Aroy-D)
- 45 ml cane vinegar
- 30 ml dark soy sauce (you can also start with half this amount and adjust to taste)
- 2 teaspoons light soy sauce
- 12 g sugar
- 0.5 teaspoon ground black pepper (or 1 teaspoon whole black peppercorns; they're more traditional, but will have to be picked out)
- 1 bay leaf
- 2 dried red chili peppers
- 225 g chicken-style seitan (or other vegan protein substitute of choice: tofu, oyster mushrooms, etc.)
- 2 tablespoons cilantro (chopped, optional)

Instructions

1. Heat a pan over medium-high heat. Add 1 tablespoon of oil, along with the onion and garlic. Saute until softened. The onions can crisp ever so slightly at the edges, but they shouldn't take on too much color.
2. Add the coconut milk, cane vinegar, dark soy sauce, light soy sauce, sugar, black pepper, bay leaf, and 2 dried red chili peppers. Turn the heat down to a low simmer, and cook for about 20 minutes.
3. Meanwhile, heat another tablespoon of oil in a skillet (nonstick works great). Break up the seitan or cut it into desired shapes, and add it to the pan. Brown it until it's golden all over. Add it to the sauce, and cook for another 5 minutes.
4. Serve with steamed rice and chopped cilantro on top, if using.

Notes

Nutrition information is for adobo only; does not include rice.

Nutrition

Calories: 474kcal | Carbohydrates: 16g | Protein: 21g | Fat: 39g | Saturated Fat: 26g | Sodium: 1252mg
| Potassium: 386mg | Fiber: 2g | Sugar: 6g | Vitamin A: 106IU | Vitamin C: 5mg | Calcium: 39mg | Iron:
6mg

Vegan Adobo by The Woks of Life. Recipe URL: <https://thewoksoflife.com/vegan-adobo/>