

Jamaican curry seitan tacos with pineapple & quick-pickled carrots

(serves 4 | 30m prep + 1hr cook)

Ingredients

Seitan:

- 2/3 cup water
- 1/4 cup neutral oil (I used canola)
- 1 Tbsp sugar
- 2 tsp soy sauce
- 1/2 tsp liquid smoke (optional)
- 2 tsp Jamaican curry powder
(can be found at many supermarkets, or use slightly less regular curry powder and slightly more of the following spices)
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika powder
- 1/4 tsp ground cumin
- 1/4 tsp ground allspice
- Salt & pepper to taste
- 1 + 1/2 cup vital wheat gluten
- 2 cups veggie broth (I used Better than Bullion's "No Chicken Base")
- More oil for frying

Stir fry additions:

- 12 oz pineapple (I used frozen, but canned [drained] or fresh should work too)
- Vegetables of your choice (I used 16oz of a frozen bell pepper/onion medley)

Instructions

- 1) For the seitan, mix the water, 1/4 cup oil, sugar, soy sauce, liquid smoke, and spices in a medium bowl. Add 1 cup of the gluten and mix well. Finally, add the last 1/2 cup of gluten, kneading and ripping with your hands to make the mixture nice and stringy.
- 2) In a medium or large pan or skillet, heat the oil over medium heat. Rip the seitan into chunks (whatever size you like, but they'll ~double in size while cooking) and cook in the oil on both sides until browned.
- 3) Cover with veggie broth, and cook for about a half hour until most of the broth is absorbed.
- 4) While the gluten is cooking, put the carrot in a bowl, then add vinegar and salt, and stir with a fork, smooshing the carrots to help the vinegar soften them up.
- 5) When seitan is cooked, from pan and drain in a colander or strainer. If you like, you can reserve some of the slightly starchy cooking liquid for the pineapple/veggie stir fry.
- 6) Stir fry the pineapple and veggies until cooked, then add the seitan back to the pan and mix.
- 7) Serve seitan stir fry mix and carrots in taco shells, with additional toppings of your choice.



Quick pickled carrots:

- 1/2 cup shredded carrots (*one large or two medium carrots*)
- 2 Tbsp apple cider vinegar
- Salt to taste

Topping suggestions:

- Guacamole
- Lime wedges
- Diced tomato

Soft taco shells for serving