



KEBAB-STYLE SEITAN

Make at home seitan kit

SIMPLE
SEITAN
KITS
plant-based
protein

WHAT YOU'LL NEED

- 1 stock cube
- 1 tbsp soy sauce

EQUIPMENT

- Cup measurement
- Bowl
- Tinfoil
- Pot for simmering

PREP TIME

- 5 mins

COOK TIME

- 1 hour

NEW 4 PORTION RECIPE FROM MARCH 2024:

If you have purchased a 3 portion kit prior to this then please follow this exact recipe but use 3/4 cup (175ml) instead of 1 cup

1 Make stock

Make 1 cup (250ml) of stock using the stock cube

2 Mix ingredients

Add the seitan mix to a bowl and mix with the stock and soy sauce until it forms a ball

3 Knead (2 mins) then rest (10 mins)

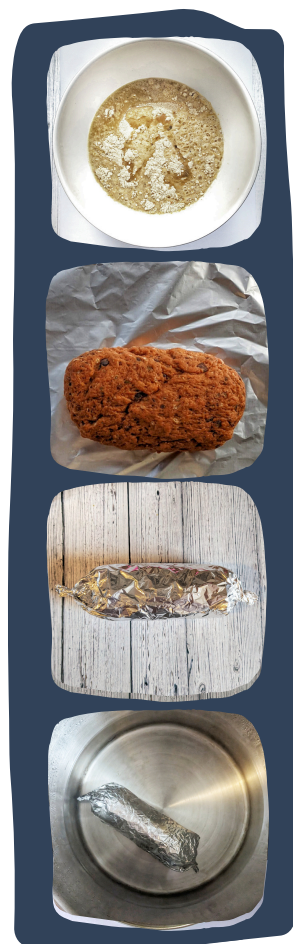
Knead the dough for 2 minutes on a clean, dry surface, then form it into a log shape. Place it back in the bowl with a damp tea towel covering the top of the bowl then allow to rest for 10 minutes

4 Wrap

Lay out a piece of tinfoil around 5x the size of the seitan and place the seitan at one end. Roll it up in the tinfoil so that it is fully wrapped, and seal the two shorter ends. You want it to be loose enough to allow it to expand around a quarter of its size, whilst ensuring it is watertight

5 Gently simmer (1 hour)

Fill a pot with enough hot water to cover the seitan. Gently simmer the wrapped seitan with the lid off for 1 hour, turning occasionally. The water should have minimal movement and only a few, tiny bubbles rising intermittently- don't allow the seitan to boil, as this can result in a spongy, bread-like texture. When cooked, allow the seitan to cool slightly before unwrapping, and leave it to rest overnight for the best texture and taste results!



WRAPPING

If you don't like foil to touch your food, add a piece of baking paper in-between, or use food safe clingfilm instead

TIPS

Thinly slice the seitan lengthways with a knife. Lightly fry in quality oil and serve in flatbread stuffed with salad, fries and donor sauce!

STORAGE

Store in an airtight container and keep in the fridge for up to 4 days. Freeze whole or cut into portions, and defrost fully before consuming