



SHREDDED CHICKEN-STYLE SEITAN

Make at home seitan kit

WHAT YOU'LL NEED

- 1 stock cube

EQUIPMENT

- Cup measurement
- Bowl
- Oven dish

PREP TIME

- 10 mins

COOK TIME

- 1 hour

1 Make stock

Make 1 cup (250ml) of stock using 1/2 of the stock cube

2 Mix ingredients

Add the seitan mix to a bowl, add the stock and mix. It is quite a dry mix, so start with a spoon and then mix and squeeze it in with your hands to form a ball

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

Knead the dough for 2 minutes on a clean, dry surface. It will be a firm dough that will get stickier as you go. 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 Pleat and knot

Shape the seitan into a long sausage by squeezing, pulling and rolling it as long as it will stretch without breaking. Then, place it on a chopping board and flatten it by hand. Cut 2 lengthways lines about 1cm from the top, so that you have 3 strands of seitan connected at one end. Pleat the 3 strands tightly together and pinch together at the bottom. Lastly, tie the seitan into 2 or 3 knots- make them as tight as you can without it tearing

5 Cook in oven (1 hour)

Make a cup of stock using the other 1/2 of the stock cube. Place the seitan and the stock in an ovenproof dish, and cook for 1 hour at 160 degrees, turning it over half way. Leave the seitan to rest overnight for the best texture and taste results!



KNOTTING

Don't worry if your seitan isn't perfectly pleated or knotted - it will still taste great! Pleating it tightly should help when knotting it at the end

TIPS

Shred apart by hand or with a fork, and fry in quality oil to get a delicious crispy coat! You can add additional seasoning to suit different dishes such as fajitas, nachos, pasta or chow mein

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