

Marinated seitan skewers

Total time **90 mins** **15 mins** preparation time **15 mins** cooking time **60 mins** marinating time

Nutritional facts (per portion):
3,014 kJ / 721 kcal

Fat: **29 g** Protein: **51 g**
Carbohydrates: **60 g**

INGREDIENTS

2 portion(s)

300 g	natural seitan
3 tbsp	oil
4 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	ground cumin
1 tsp	minced garlic
1 tsp	minced onion
1 tbsp	yeast flakes
1 tbsp	rice vinegar
1 tsp	sesame oil
Groats:	
150 g	quinoa
3 tbsp	oil
1 tbsp	<u>Kikkoman Spicy Chili Sauce for Kimchi</u>
1	clove of garlic
1 tbsp	sesame seeds
0.5 bunch	of coriander
0.5 bunch	of spring onions
1	green cucumber
	Salt and pepper to taste
Additionally:	
2 tbsp	roasted sesame seeds
1 tbsp	black sesame seeds
1	lime to serve

PREPARATION

Step 1

300 g natural seitan - **3 tbsp** oil - **4 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** ground cumin - **1 tsp** minced garlic - **1 tsp** minced onion - **1 tbsp** yeast flakes - **1 tbsp** rice vinegar - **1 tsp** sesame oil
Cut the seitan into long strips or cubes. Mix the oil, Kikkoman Soy Sauce, cumin, chopped garlic and onion, yeast flakes, vinegar and sesame oil in a bowl. Coat the seitan thoroughly with the marinade and refrigerate for at least 1 hour.

Step 2

150 g quinoa - **2 tbsp** oil - **1 tsp** Kikkoman Spicy Chili Sauce for Kimchi - **1** clove of garlic - **1 tbsp** sesame seeds
Cook the quinoa groats according to the instructions on the packet. Heat the oil in a pan. Add the Kikkoman Kimchi Chili Sauce, chopped clove of garlic and sesame seeds to the hot oil. Set aside. Once cooled, mix with the quinoa.

Step 3

0.5 bunch of coriander - **0.5 bunch** of spring onions - **1** green cucumber - **1 tbsp** oil - Salt and pepper to taste
Chop the coriander and spring onions. Cut the cucumber into small cubes. Mix the quinoa groats from step 2 with coriander, spring onions, oil and cucumber. Season with salt and pepper.

Step 4

2 tbsp roasted sesame seeds - **1 tbsp** black sesame seeds - **1** lime to serve
Grill the seitan either on skewers or in pieces. Sprinkle with sesame seeds on all sides before

barbecuing. Cook until golden brown and slightly
crispy. Serve with the salad and lime.