

# Homemade Seitan Stir-Fry

Create your own seitan using wheat flour for a versatile, protein-packed meat alternative. This stir-fry is quick, delicious, and perfect for a solo meal.


**30 min**

Total time

**easy**

Difficulty

**400**

kcal / serving

## Ingredients

- 1 cup vital wheat gluten
- 1/4 cup water
- 1 tbsp soy sauce
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tbsp olive oil
- 1 cup mixed vegetables (bell peppers, broccoli, carrots)
- 1 tbsp soy sauce (for stir-fry)
- 1 tsp sesame oil
- Salt and pepper to taste

## Steps

- 1 In a bowl, combine vital wheat gluten, water, soy sauce, garlic powder, and onion powder until a dough forms.
- 2 Knead the dough for about 5 minutes until elastic.
- 3 Shape the dough into a log and let it rest for 10 minutes.
- 4 Slice the rested dough into bite-sized pieces.
- 5 In a pan, heat olive oil over medium heat and add the sliced seitan.
- 6 Cook for about 5 minutes until browned, then add mixed vegetables.
- 7 Stir-fry for another 5 minutes until the vegetables are tender.
- 8 Add soy sauce, sesame oil, salt, and pepper, stirring to combine.
- 9 Serve hot.