



## Chilli "Beef" Seitan

*One of my favourite dishes from before going Vegan was Crispy Chilli Beef. This is my veganised take on that.*

### Ingredients

60g Vital Wheat Gluten Flour  
30g Plain Flour  
1 tsp Steak Seasoning Powder  
½ tsp Salt  
75g Water

2 Tbsp Groundnut Oil  
1 Garlic Clove – finely chopped  
1 tsp Ginger – finely chopped  
1 Spring Onion – chopped  
2 Green Chillies – sliced  
2 tsp Gochugaru – Red Pepper Flakes  
2 Tbsp Light Soy Sauce  
2 Tbsp Maple Syrup  
1 tsp Corn Flour  
Toasted Sesame Oil



### Method:

Add the flours, steak seasoning and salt to a bowl and mix.

Slowly add the water and mix until a dough forms.

Knead for 5 minutes until all liquid is incorporated and no dry bits are visible.

Tear small strips from the dough ball and place them in the bowl.

Heat a frying pan on medium high heat then add the oil.

Add the seitan to the pan and fry for eight to ten minutes until golden and crispy.

Add the garlic and ginger to the pan and sauté for 2 minutes then add the chillies and onions and stir.

In a small bowl, mix the soy sauce, maple syrup, Gochugaru and corn flour.

Add the sauce to the pan and mix through until the sauce has thickened.

Add a splash of sesame oil if desired.

Remove from the heat and serve garnished with sesame seeds and spring onion.