

YIELD: 4 SERVINGS

YAKISOBA WITH EASY HOMEMADE SEITAN

"MOCK DUCK"

Healthy vegetarian and vegan weeknight dinner, packed full of stir fried veggies and noodles with a quick and easy homemade seitan mock duck. I'll show you how to make mock duck from scratch... it's easier than you think!

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	45 minutes	1 hour



INGREDIENTS

Seitan

- 1/2 a cup (90g) of vital wheat gluten
- 1/2 a cup (120ml) water

Noodles

- Oil
- 1/2 - 1 Tbsp sliced garlic
- 1/2 - 1 Tbsp grated ginger
- 1 head of napa cabbage / chinese leaf / any soft cabbage, shredded and rinsed
- 1 carrot, julienned
- 2 small or 1 large onion, sliced
- 1 red or yellow pepper, sliced
- 3 Tbsp soy sauce
- 3 Tbsp vegan Worcestershire sauce (I use Biona brand)
- 2 Tbsp ketchup
- 1-2 tsp chili garlic sauce (depending on your heat tolerance levels)
- 1 tsp brown sugar
- 1 tsp mirin

- 1 package soba noodles (250g / 9oz)
- 1-2 tsp toasted sesame oil

INSTRUCTIONS

To make the seitan

1. Mix the vital wheat gluten and water together in a bowl, using a fork. It will quickly come together to form a spongy mixture.



2. Use your hands to knead the mixture for a few minutes. It will become very thick and binded, and it will tear when you stretch it.





3. Fill a large saucepan 2/3rd full of vegetable stock, with a tablespoon or two of soy sauce, and bring to a boil.
4. Tear off walnut-sized pieces of the seitan dough and drop into the pan.



5. The pieces will all start to float and expand (they look a bit like popcorn!). Simmer for about half an hour, regularly stirring and pushing the floating pieces back into the water, before draining and patting dry on a chopping board. This is a good chance to chop all your vegetables and prep your sauce.

To make the yakisoba

1. Make the sauce by whisking together the soy sauce, Worcestershire sauce, ketchup, chili garlic sauce, mirin and sugar.
2. Cook the soba noodles according to your package instructions. Drain, and add a little toasted sesame oil to stop them sticking. (You could cook them while the veggies are frying if you're good at multi-tasking. This will enable you to eat

a little quicker. If not, do them first!)

3. In a large wok, heat a generous glug of oil.
4. Throw in the seitan chunks, ginger and garlic and fry until you see the seitan starting to brown.
5. Now add all of the veggies to the pan, excluding the cabbage, and fry for 3-5 minutes, until they are almost cooked. You want them to stay a little crunchy.
6. Finally, add the cabbage. It's best to do this in 2 or 3 batches because it will shrink down quite a lot after a minute of stir frying.
7. Finally, when all the veggies are well cooked, add the sauce and the noodles and toss through to combine.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 442 TOTAL FAT: 14.8g SATURATED FAT: 2.1g

SODIUM: 962mg CARBOHYDRATES: 60.5g FIBER: 2.7g SUGAR: 10.2g PROTEIN: 21.4g

Please note that the nutritional information is an estimate based on software calculations and will not be completely accurate - please use this as a guideline only.

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CUISINE: Asian Inspired / CATEGORY: Main Course

<https://www.happyveggiekitchen.com/yakisoba-seitan-mock-duck/>