

# Seitan marinated in soy sauce with sesame and cumin

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

Nutritional facts (per portion):  
**3014 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** 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

**Groats:**  
**150 g** quinoa  
**3 tbsp** oil  
**1 tbsp** Kikkoman Spicy Chili Sauce for Kimchi  
**1** clove of garlic  
**1 tbsp** sesame seeds  
**0.5 bunch** of coriander  
**0.5 bunch** of spring onions  
**1** 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 or barbecue the seitan either on skewers or in pieces. Sprinkle with sesame seeds on all sides

before cooking. Grill until golden brown and slightly  
crispy. Serve with the salad and lime.