

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.