

Grilled seitan skewers kebab style

COOKING
LOVERS TESA



Consejo del chef

Assemble the skewers. Serve with pita bread, fresh rocket salad, and yoghurt and cucumber sauce.

Raciones para

- 1 Seitan package
- 2 Tablespoons of olive oil
- 2 Tablespoons of soy sauce
- 1 Tablespoon of BBQ sauce
- 1 Tablespoon of paprika
- 1 Teaspoon of garlic powder
- 1 Teaspoon of onion powder
- 1 Teaspoon of cumin
- 1 Teaspoon of dry rosemary
- 1 Teaspoon of salt
- 50 gr** Plant-based, unsweetened yoghurt
- 1/2** Chopped clove of garlic
- 1 Teaspoon of finely chopped cucumber
- 1 Teaspoon of freshly chopped parsley
- 1 Tablespoon of extra virgin olive oil
- A pinch of salt

- 1 Cut seitan into chunks of a similar size to make the skewers (you can also slice it and stuff the bread later, like a pulled meat sandwich).
- 2 In a bowl, prepare the dressing with sauces, olive oil, and all the spices.
- 3 Put the seitan into the bowl and marinate for 30 minutes to combine flavours.
- 4 Place the seitan on the grill and cook until golden brown.
- 5 For the yoghurt sauce, just combine all the ingredients in a bowl.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/brochetas-de-seitan-estilo-kebab-al-grill/>

