

# Cashew Seitan

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

**Servings: 30**   **Serving Size: 6 oz.**

Ingredients	Quantity	Measure
Seitan, Nature's Soy chicken	3	Pounds
Sesame oil, pure, toasted	1	Cup
Onion, white, sliced	2	Pounds
Pepper, julienned	2	Pounds
Hoisin	3	Pounds
Cashew pieces, Raw	0.5	Pound
Ginger, minced	0.25	Cup
Garlic, peeled	0.25	Cup
Scallions, fresh	1	Cup
Black pepper, ground	1	Ounce
Soy sauce, lite	32	Ounces
Corn Starch	0.5	Pound

## Preparation

1. Break seitan into strips, slice scallions thinly and mince garlic. Toast cashews.
2. Combine hoisin and soy sauce in a large bowl.
3. Heat wok or tilt skillet to 400 F. Add oil, allow to heat for 15 seconds. Add ginger, garlic and half of scallions. Cook until fragrant, 30 seconds.
4. Add onions, peppers and seitan. Sauté until onions and peppers begin to sweat. Add pepper.
5. Add soy sauce and hoisin and bring just to a simmer. Add half of cashews.
6. Combine corn starch with cold water to creamy consistency and add to simmering sauce, with a whisk.
7. When sauce is thickened to proper nappe, place in serving dish.
8. Garnish with remaining scallions and cashews.