

Tandoori Seitan Kabobs with Cucumber Yogurt Salad

Ingredients

For the Marinade

- ¼ cup unsweetened, plain vegan yogurt
- 1 tbsp. olive oil
- Juice from ½ lemon
- 1 tsp. fresh grated ginger
- 2 cloves garlic, minced
- 1 tsp. dried turmeric
- 1 tsp. smoked paprika
- 1 tsp. dried cumin
- 1 tsp. chili powder
- 1 tsp. salt
- ½ tsp. dried coriander
- ¼ tsp. dried cloves
- A few cracks of black pepper

For the Seitan

- 1 cup vital wheat gluten
- ¼ cup chickpea flour
- 1 tbsp. nutritional yeast
- 1 tsp. garlic powder
- 1 tbsp. soy sauce
- 1 tbsp. white miso paste
- 1 tsp. apple cider vinegar

For the Cucumber Salad

- 1 cucumber, chopped
- ¼ onion, diced
- 5 small red radishes, chopped
- ½ cup chopped purple cabbage
- Handful of fresh herbs, such as dill, mint, parsley, cilantro, or some combination
- ½ cup unsweetened, plain vegan yogurt
- Juice of ½ lemon



Ingredients, Cont.

For the Cucumber Salad, cont.

- 1 tbsp. apple cider vinegar
- Salt and pepper, to taste

For Serving

- $\frac{3}{4}$ small onion, cut into large chunks
- 6 mini bell peppers, cut into large pieces
- [Flatbreads](#), pitas, or naan

Steps

1. Start by preparing the marinade. Simply combine all the ingredients in a bowl, and whisk until combined.
2. Next make the seitan dough. Combine the dry ingredients (vital wheat gluten, chickpea flour, nutritional yeast, and garlic powder) and whisk. Add the remaining wet ingredients, along with $\frac{1}{4}$ cup of the marinade, and $\frac{1}{4}$ cup of water. Combine, until it comes together in a smooth dough. Cover, and set aside for at least 10 minutes to allow the gluten to relax.
3. Divide the dough into 10 small pieces, and shape them into fairly thin, nugget-like shapes. Place them in a large freezer bag, and add the marinade, and place it in the fridge to marinate for 30 minutes. If you're going to be using wood skewers, place them in water to soak at this point. (Note- especially if you are going to be using the oven to cook your seitan, metal skewers are highly recommended!)
4. While the seitan marinates, chop your vegetables. Liberally salt the chopped cucumber for the salad. Let it sit for 10 minutes before rinsing off the salt. Add the remaining vegetables, along with the vegan yogurt, lemon juice, and vinegar.
5. Remove the seitan from the marinade. Squeeze the remaining marinade into the cucumber salad, stir it, and place in the refrigerator until serving. Now prepare the skewers- alternate the large chunks of peppers and onions with the marinated seitan on the skewers. Make sure to press the seitan on fairly gently, as it isn't cooked yet, but feel free to reform it if it breaks.
6. To cook these in the oven, turn the broiler on high. Line a baking sheet with aluminum foil, and place a metal rack on top. Place the skewers on the rack, and cook for 4-5 minutes. Turn the skewers over, and cook for another 4-5. I haven't tried this on a grill (honestly, I don't own one), but I believe you should be able to cook them similarly.
7. Serve the skewers and cucumber salad with flatbreads, and enjoy!