

Vegan Fish Fillets: A Versatile Vegetarian Fish Alternative

Ingredients

- 8 oz. silken tofu
- 1 tbsp. white miso paste
- 1 tbsp. soy sauce
- 1 tbsp. nutritional yeast
- 1 clove garlic
- 1 tsp. apple cider vinegar
- ½ tsp. powdered dulse
- 1 20 oz. can of green jackfruit, drained and rinsed and gently squeezed dry
- 1 ½ cups vital wheat gluten
- 1 ½ sheets of sushi nori

Steps

1. In a food processor, combine the silken tofu, miso paste, soy sauce, nutritional yeast, garlic, apple cider vinegar, and dulse. Blend until smooth. Add the jackfruit, and pulse around 10 times. Be careful not to over process- you still want fairly big bits to give you that flaky texture. Add your vital wheat gluten, and pulse a few more times to mostly combine it. Transfer the mixture to a mixing bowl, and use your hands to delicately fold the ingredients together into a smooth dough. Don't kneed, as this will make your seitan more tough, and process as little as possible.
2. Divide the dough into three even sections. Cut two sheets of nori in half, and reserve one half sheet for some future use. Gently and evenly, press one third of the dough across the surface of each half nori sheet. Wrap each fillet in parchment paper, before wrapping in aluminum foil. Add the trivet to your instant pot, and add a little water so it doesn't cover the trivet. Place the wrapped fillets directly on the trivet and set to steam for 90 minutes. Once cooked, unwrap and let cool with the nori side up. Once completely cooled, store in an airtight container in the fridge until needed.

