



**TEMPL FOODS**  
A NATURAL ALTERNATIVE TO MEAT



## Sweet & Sour Seitan with Pineapple or Mango

- 1 Tsp Sesame Oil or Olive Oil
- 2-2 1/2 Tbs Sweet Rice Wine
- 1 1/2 Tsp Five Spice Powder
- 3-3 1/2 Tbs Rice Vinegar or Dry Sherry
- 1 Tbs Tomato Ketchup
- 1 Tbs Honey or Agave Sweetener
- 1 Tbs Tamari (or to taste)
- 1 Large Mango or 1- 20 oz Can Crushed Pineapple
- 1 Medium Red Onion
- 1 Medium Carrot
- 1-2 Cloves Garlic, minced
- 1-1 1/2" Fresh Ginger Root, shredded
- Organic Brown Short Grain Rice
- 1 **pound Michael's Savory Seitan, drained well and cut in small pieces salt to taste**



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### What to do:

1. Mix together oil, rice wine, five spice powder in small bowl; pour over seitan and marinate 2-4 hours or overnight in refrigerator.
2. Blend rice vinegar or sherry, ketchup, honey or sweetener and tamari and set aside.
3. Peel mango, slice meat away from pit and cut into strips. Slice carrot and onion into equal size pieces. (If using pineapple instead of mango, use one-half can, with juice.)
4. Heat a large cast iron skillet or wok over high heat until hot. Drain seitan, reserving liquid. Stir fry seitan until brown and crisp on edges. Remove and keep warm.
5. In a clean skillet or wok add fresh sesame oil and fry onion, carrot, garlic and ginger 2-4 minutes until carrot is tender. Add mango or pineapple and seitan with reserved liquid; continue cooking until sauce thickens. Serve immediately with rice.

### Alternative additions:

Sliced eggplant, salted and drained and/or snap peas.

**Prep time: 10 min • Refrigerate: 30 min • Cook Time: 15 min • Makes 4 servings**

**Michael's Savory Seitan** is All Natural and does **NOT** contain the following: **No Dairy, Animal Origin, Refined Sugars, Preservatives, Artificial Coloring, Honey, Trans Fat, Cholesterol** & is **Low Sodium**

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*Seitan contains complex carbohydrates that raise body metabolism, while providing a good source of protein. It is low in fat and has no cholesterol, making it the perfect choice for a meatless diet.*

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