

Basic Seitan



Free Vegan

High Protein Recipes

www.veganmacros101.net



All About Protein!

The reason I talk about protein so much is that it's the hardest macronutrient for vegans to get right but it's the most important when it comes to fat loss or body composition goals!

Seitan, pea & soy products are a great source of protein because their amino acids are high in the right numbers.

On the following pages are some of my favourite high-protein recipes plus a super easy seitan recipe!



Basic Seitan

MAKES 800G (APPROX.)



Seitan is a fantastic vegan protein source, and when made with garbanzos, tofu, nutritional yeast or soy sauce is very high in all the important amino acids!

Dry Ingredients

- 250g vital wheat gluten
- 50g chickpea (garbanzo) flour
- 20g nutritional yeast
- ½ tbsp garlic powder
- ½ tbsp onion powder
- 1 tbsp smoked paprika
- 1 tbsp dried basil

Nutritional Values:

(per 100g)

Calories: 178

Protein: 28.2g

Carbs: 8.8g

Fat: 3.2g

Wet Ingredients

- 2 cups hot water
- 100ml light soy sauce
- 1 tbsp tomato puree
- 1 tbsp yellow miso paste
- 2 tbsp vegan Worcestershire sauce



Basic Seitan

MAKES 800G (APPROX.)



INSTRUCTIONS

- Set-Up: Start to bring a large pan of vegetable broth to a boil while you prepare the Seitan.
- In a large bowl, combine all the dry ingredients together and mix thoroughly with a whisk
- In another bowl, mix together all the wet ingredients. Stir well to combine
- Add wet mixture to dry ingredients and, using a spatula, stir until the mixture has a dough-like consistency.
- Knead for 2 to 3 minutes, adding more vital gluten wheat if the dough is very sticky or more water if it's too dry
- Roll the seitan in foil and tie a knot at each end, leaving room at both ends to allow the dough to expand
- Carefully place the seitan in the boiling stock. Cover, return to a boil and reduce heat to low.
- After 30 minutes, turn the seitan over. Continue simmering until firm, about 1 hour.
- Remove from heat and let seitan cool 15 minutes in the stock
- Carefully remove the foil, wash and recycle it for later use
- Slice seitan before serving

Can be kept in an airtight container, in the stock, for up to 6 days. Suitable for freezing.



TVP is textured vegetable protein and is usually made from defatted soya beans. It doesn't have any flavour and can be used in both sweet & savoury dishes!

Ingredients

- 20g of dry TVP
- 20g rolled oats
- 10g vanilla protein powder
- 200ml soya or pea milk
- 1tbsp ground flaxseed
- 1tsp Ceylon cinnamon
- 100g frozen blueberries

Nutritional Values:

Calories: 280
 Protein: 26g
 Carbs: 28g
 Fat: 8g

Directions

- Add all of the ingredients except for the blueberries to a mason jar and stir to combine
- Top with the blueberries and put into the fridge overnight
- The blueberries will defrost overnight



I absolutely love tempeh. It's fermented soya beans and 'tofu' before it becomes tofu. Because it's fermented it's really easy to digest and great for the gut microbiome. Some people have a hard time digesting tempeh, so boiling it in veggie stock or steaming it for 10-mins will help the flavour.

Ingredients

- 200g tempeh
- ½ onion, cut into thin wedges
- ½ red pepper, chopped into chunks
- 1 large garlic clove, minced
- 80g fresh pineapple chunks
- 1 tbsp low-salt/low-sugar ketchup
- 1 tbsp rice wine vinegar
- 1 tbsp maple syrup
- ½ tbsp dark soy sauce
- 200g cooked basmati rice, to serve

Nutritional Values:

(per serving).

Calories: 445

Protein: 25g

Carbs: 55g

Fat: 12g



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Sweet & Sour Tempeh

SERVES 2



Ingredients

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- ½ onion, cut into thin wedges
- ½ red pepper, chopped into chunks
- 1 large garlic clove, minced
- 80g fresh pineapple chunks
- 1 tbsp low-salt/low-sugar ketchup
- 1 tbsp rice wine vinegar
- 1 tbsp maple syrup
- ½ tbsp dark soy sauce
- 200g cooked basmati rice, to serve

Nutritional Values:

(per serving).

Calories: 445

Protein: 25g

Carbs: 55g

Fat: 12g

Directions

- Cube the tempeh and gently steam for 3-4 minutes
- In the meantime, add a splash of soy sauce to a medium pan over high heat and stir-fry the onion, pepper and garlic for 5-6 mins, or until the veg begins to soften
- Add the pineapple, ketchup, vinegar, soy sauce and 50ml water, and simmer for 1 min, or until slightly reduced
- Add the tempeh to the pan and stir it all together
- Divide over 2 plates and serve with the basmati rice



Chocolate Peanut Butter Pudding

SERVES 2



Silken tofu is such a great way to boost your protein, and is perfect for desserts or sauces! You can find it in the dry section next to the Japanese foods in most grocery stores, NOT in the fridge section with firm tofu!

Ingredients

- 150ml unsweetened pea or soy milk
- 200g extra firm tofu
- 200g silken tofu
- 30g PB powder
- 1tsp vanilla extract
- ½ - 1 tsp of liquid stevia (depending on how sweet you like it)
- 10g raw cacao
- pinch of sea salt

Nutritional Values:

Calories: 280

Protein: 31.5g

Carbs: 11g

Fat: 13g

Directions

- Blend everything together until smooth
- Add more or less milk, depending on the type of consistency you like
- Split into two glass jars and refrigerate for an hour to chill
- Enjoy :)