

Seitan kebab



For the seitan:

1 kg flour (see the recipe [here](#))

Cook the seitan whole, in water with some bay leaves, peppercorns and allspice, for approx. 40 min.

Drain then slice finely.



Mix the following spices:

3 tsp. paprika

1/4 tsp. cumin powder

2 tsp. garlic powder

2 tsp. dried thyme

cayenne powder, to taste

salt and pepper, to taste

Pour the spice mix over the seitan spices and mix well. Cover

and let it rest for at least an hour.

Fry the seitan in a little oil till golden brown.



Serve with pitta bread and lettuce, shredded red cabbage, tomato and pickles slices, [garlic sauce](#) or [avocado sauce](#).

Zucchini patties



For 4 pieces:

200 g zucchini, roughly grated

3 tablespoons chickpea flour

1 tablespoon nutritional yeast (optional)

1 green onion, finely chopped

4-5 tablespoons parsley, finely chopped
2-3 tablespoons water
salt and pepper, to taste

oil for frying

Mix all ingredients.



Let it rest for about 10-15 minutes for the chickpea flour to absorb the moisture.

Heat a few tablespoons of oil in a pan and add approx. 2 tablespoons of the zucchini mix. After 1-2 minutes press it with a spatula until a thickness of about 1 cm.

Fry for 4-5 minutes on each side, at medium heat (or bake it in the oven, at medium heat- 200 C- until golden brown).



Brined cucumbers in tomato sauce



For 4-6 servings:

10-12 brined cucumbers, sliced approx. 1 cm thick (if they are too salty leave them in cold water for half an hour then drain the water)

2 onions, finely chopped

200-300 g soy pieces, optional

3-4 tablespoons tomato puree or 400-500 ml tomato passata

1 bunch dill, finely chopped

2 tablespoons oil

pepper to taste

Heat the oil in a saucepan, add the onions and stir fry for about 2-3 minutes.

Add the cucumbers and cover with water. Cook until the cucumbers are soft. Add more water if needed.

Add the tomato puree dissolved in 1/2 cup water (or the tomato passata) and continue cooking until the sauce has reduced slightly.

Finally add the pepper and dill.