

Grilled seitan and vegetables



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For 3-4 servings:

seitan
2 zucchini
2-3 onions
2-3 sweet peppers

For the seitan:

1 kg flour
1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into four equal pieces.

For the marinade:

6 cloves of garlic, mashed

2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano
1 teaspoon paprika powder
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Grill the seitan and vegetables on a pre-heated grill pan.



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