

# Seitan chili



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Seitan made from 1 kg flour (see recipe [here](#) )

1 teaspoon paprika

1 teaspoon onion powder

1 teaspoon garlic powder

$\frac{1}{2}$  teaspoon turmeric

2 onions, chopped

1 bell pepper, finely sliced

3-4 tablespoons tomato puree

4 cloves of garlic

2 cm ginger

1 tsp coriander powder

1 teaspoon garam masala

fresh chilli /chilli powder, to taste

2 tablespoons oil

salt

Fresh coriander, finely chopped, for garnish (optional )

When you make the seitan dough add the paprika powder, the onion powder and the garlic powder. Than follow the seitan recipe.

Cut the well drained seitan into pieces (2×2 cm, it will increase the volume) and cook it in water with a little bit

salt and the turmeric, approx. 20 minutes. Leave it to drain .

Prepare a paste of ginger and garlic.

Dissolve the tomato puree in a glass of water and add the spices.

Heat the oil in a pan and stir fry the onion for 2-3 minutes. Add the bell pepper, the paste of ginger and garlic and the tomato puree. Cook for 1-2 minutes and then add the seitan . Cover and simmer for 15-20 minutes, stirring frequently ( if needed add a little bit of water).

Garnish with fresh coriander .

Serve with basmati rice/[biryani](#) and/or [naan bread](#).