

# SOY, GINGER SEITAN, CABBAGE TOSTADA, CARROTS, SESAME DRESSING FIT

**Serving size: 1 ea**

**Makes 6 servings**

## SOY GINGER SEITAN, CABBAGE

- 1 tsp Ginger, chopped
- 1 tsp Garlic Cloves, chopped
- 2 tsp Gluten Free Soy Sauce
- 2 tsp Mirin Cooking Wine
- 1-1/4 tsp Agave Nectar
- 10 oz Seitan
- 2 tsp Canola Oil
- 1 cup Red Cabbage, julienned

## KOREAN NAMUL CARROTS

- 1/2 tsp Sesame Oil
- 2 tsp Canola Oil
- 1/2 tsp Garlic, peeled and minced
- 1/4 tsp Ginger, minced
- 1 1/2 cups Carrots, peeled and julienned
- 1 pinch Salt
- 1 pinch Black Pepper, ground

## FOR ASSEMBLY

- 2 TBSP Maple Syrup
- 1/4 tsp Dijon Mustard
- 1 TBSP Lime Juice
- 1/4 tsp Salt
- 2 TBSP Canola Oil
- 1/2 TBSP Sesame Oil
- 6 ea 6" Corn Tortilla
- 2 TBSP Canola Oil
- 1/4 tsp Sesame Seeds, Pre-Toasted
- 2 TBSP Cilantro, chopped

## Preparation:

1. Prepare Stir Fried Soy Ginger Seitan, Cabbage. In a small bowl, whisk together ginger, garlic, soy sauce, mirin and agave. Set sauce aside. Dice seitan into 1/2" cubes. Heat 2 tsp canola oil in a wok or sauté pan. Add diced seitan. Stir fry until lightly browned. Add sauce and cabbage. Cook until sauce is thickened and coats seitan well.
2. Prepare Korean Namul Carrots. Heat sesame oil in a sauté pan to toast. Add 2 tsp canola oil to pan. Add garlic and ginger. Cook until fragrant. Add carrots and sauté until lightly cooked, but still firm. Add salt and pepper.
3. In a bowl, whisk together maple syrup, Dijon, lime juice, and salt in a bowl. In another small bowl, combine 2 TBSP canola oil and 1/2 TBSP sesame oil. Slowly drizzle oils into maple syrup-Dijon mixture while vigorously whisking until emulsified. Stir in sesame seeds.
4. Brush tortillas on both sides evenly with canola oil (~1 tsp. per tortilla). Spread tortillas on a parchment lined sheet tray. Bake in a 325°F oven until golden brown and crisp, about 5 minutes.
5. To assemble, layer the following on top of each crispy tortilla: 1/2 cup seitan, 1/4 cup carrots, 1 TBSP sesame dressing, 1 tsp. cilantro.



*Registered Dietitian Approved!*



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## NUTRITION FACTS PER SERVING

calories	265
total fat (g)	16
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	410
total carbohydrate (g)	19
dietary fiber (g)	3
sugar (g)	8
protein (g)	12