

Servings: ~4

Allergens: Soy

Total Time: ~40 min

Prep Time: ~15 min

Cook Time: ~25 min



Keaton's Vegan Cilantro Chik'n



Keaton McDonald

Directions:

- Heat 2 tsp olive oil in a deep pan over medium heat. (You may use the oil from the sun dried tomatoes for extra flavor.)
- Bring 2 liters water to boil in a large pot with a dash of salt. Add farfalle noodles and cook al dente.
- Add minced garlic to pan, cook 2 minutes then add mushrooms, seitan and sun dried tomatoes. Stir and cook another 3 minutes.
- Add broth, bring to boil and reduce heat to med-low. Simmer 5-8 minutes.
- When farfalle is cooked al dente, drain noodles and return to pot.
- Add mixture from the pan to the noodles, add cilantro and stir until uniform. Place a lid on the pot and let sit for another 10 minutes.
- Serve and enjoy!

Ingredients:

- 2 tsp olive oil
- 2 liters water
- 1 (16 ounce) box of farfalle noodles
- 2 cloves garlic, minced
- 8 ounce baby bella mushrooms, sliced
- 1 pkg west soy chicken style seitan, including broth*
- 1 (8.5 ounce) jar sun dried tomatoes, julienned
- 1 bunch fresh cilantro, chopped
- salt and pepper to taste
- fresh shredded parmesan cheese (optional)
- *can substitute diced chicken breast and a can of chicken broth in place of seitan*