



**TEMPL FOODS**  
A NATURAL ALTERNATIVE TO MEAT



## Curry Masala Seitan

- 4 tablespoons olive oil
- 1 teaspoon cumin seeds
- 2 cloves
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- 1 tomato, diced
- 1 small onion, chopped fine
- 1/2 teaspoon chili powder
- 1/2 teaspoon turmeric
- 1 teaspoon garam masala



Curry Masala Seitan

- 1 pound Michael's Savory Seitan, drained well and cut in small pieces salt to taste

### What to do:

1. Place skillet over high heat and add the olive oil, cumin seeds and cloves to the hot pan.
2. Add the ginger and garlic.
3. Saute for one minute over a medium high flame.
4. Add the tomato and onion, and stir-fry until the tomato is almost pasty and the onions are translucent.
5. Add the chili powder, turmeric, and garam masala and let the mixture cook for 10 minutes.
6. Add the seitan and cook for 10 additional minutes. Add salt to taste.

**Prep time: 10 min • Cook Time: 30 min • Makes 4 servings**

**Michael's Savory Seitan** is All Natural and does **NOT** contain the following: **No Dairy, Animal Origin, Refined Sugars, Preservatives, Artificial Coloring, Honey, Trans Fat, Cholesterol & is Low Sodium**

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*Seitan contains complex carbohydrates that raise body metabolism, while providing a good source of protein. It is low in fat and has no cholesterol, making it the perfect choice for a meatless diet.*

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