



# Seitan Tikka Masala

NIBBLEDISH CONTRIBUTOR

## Ingredients

1 cup plain (soy) yogurt  
2 tbs lemon juice  
2 tsp ground cumin  
2 tsp ground red pepper  
2 tsp fresh ground black pepper  
1 tsp cinnamon a pinch of salt  
1 tsp ginger, minced  
2 8oz packages of seitan

1 tbs earth balance (butter)  
2 tsp ground coriander  
1 tsp ground cumin  
1 tsp paprika  
1 tsp garam masala  
a pinch of salt  
1- 8oz can tomato sauce  
1 cup soy creamer  
1/4 cup chopped fresh cilantro

## Instructions

For marinade, combine yogurt, lemon juice, cumin, red pepper, black pepper, cinnamon, salt and ginger in a bowl. Stir in seitan. Marinate in refrigerator 1 hour. For sauce, melt butter in a large, deep skillet over medium heat. Stir in coriander, cumin, paprika, garam masala and salt. Stir in tomato sauce, simmer 15 minutes, stir in creamer. Simmer until sauce thickens, about 5 minutes. Meanwhile, heat broiler. Broil seitan until cooked through, about 8 minutes. Remove seitan from broiler, add to sauce.

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Simmer 5 minutes; sprinkle with chopped cilantro.