fast and easy mediterranean style seitan

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Ingredients

- Seitan medaillons
- Courgette (with all the vegetables, the amount depends to the consumer taste, so add as much as you want)
- leek
- bell pepper (no preference, I used a yellow one because I had it in the fridge)
- one clove garlic
- raisins (as much as you want)
- pine nuts 8idem as raisins)
- olive oil
- dryed thyme
- oregano

- water
- salt

to serve: brown rice

Instructions

1. First chop all vegetables. Start frying the ppeper and the courgette in a pan with olive oil. Add the leek and the garlic. Do not overcook, I let them half cooked at this point.
2. Then add the seitan medaillons or steaks or whatever type of seitan you have. Grill it a little bit and add a cup of water.
3. At this step add the raisins, pine nuts, thym and oregano (if you like black

ground pepper feel free, I cannot eat spicy food).
4. Cover the pan and let it cook at slow for about 15 minutes, adding more water if necessary.

As a side sish I normally eat brown rice or jacked potatoes backed in the oven

Alternatives: if you use wine to make a wine reduction sauce it might be good as well but I have never tried.

Enjoy it!