Mango Veggie Stir-Fry
From connoisseursveg.com
- Vegan/Vegetarian friendly
- Major Allergens: Gluten (seitan), soy (soy sauce)

Level of Difficulty: ★★★★★

6 Servings
Nutrition Facts per Serving:
Calories: 517 Protein (g): 17
Fat (g): 18.5 Carbohydrate (g): 70.5

Ingredients:
For the Sauce:
• 3 tablespoons soy sauce
• 2 tablespoons lime juice
• 2 tablespoons brown sugar
• 1 teaspoon sriracha sauce (or to taste, optional)
• 1 teaspoon cornstarch

For the Stir-Fry:
• 2 cups seitan (or an 8-ounce package), cut into 1/2-inch chunks
• 1 tablespoon cornstarch
• 2 tablespoons canola oil
• 3 garlic cloves, minced
• 2 teaspoons freshly grated ginger
• 2 scallions, white and green parts separated and chopped

For Serving:
• 1 medium red bell pepper cut into 1-inch chunks
• 1 1/2 cups green beans, cut into 1-inch pieces
• 1 1/2 cups diced mango (1 large or 2 small mangoes)
• 1/4 cup chopped fresh basil
• 1/4 cup chopped fresh cilantro
• 1/4 cup chopped roasted cashews

Instructions:
1. Make the rice. Place water, coconut milk and salt in medium saucepan and mix well to break up any chunks of coconut cream.
2. Bring to a boil, add rice, and lower to a simmer. Cover and let simmer for 15-20 minutes, then remove from heat and allow to sit, covered, another five minutes before adding the scallions.
3. Meanwhile, whisk all ingredients for the sauce together in a small bowl. Set aside.
4. Place the seitan into a medium bowl with the cornstarch and toss a few times to coat.
5. Coat the bottom of a large skillet with the oil and place it over medium heat.
6. When the oil is hot, add the seitan in an even layer. Cook for about 10 minutes, flipping once or twice to achieve browning on multiple sides. Transfer the seitan to a plate.
7. Add the garlic, ginger and white parts of scallions to the skillet. Sauté 1 minute, until fragrant.
8. Turn heat up to high and add the bell pepper and green beans. Stir-fry 2-3 minutes.
9. Return seitan to skillet and add the mango and sauce. Continue to cook for 1-2 minutes, stirring and flipping once or twice until sauce is thick and coats everything.
10. Remove the skillet from heat and stir in the basil, cilantro, and green parts of scallions.
11. Divide onto plates with rice and sprinkle with chopped cashews. Serve