



BARTLEBY'S AT HOME

Seitan & Shroom Stroganoff

SERVES: 2 HUNGRY DEVILS

INGREDIENTS

- Bartleby's Crispy Seitan Nuggets, half pack
- 8 oz of mushrooms, sliced
- 1 TB plant butter
- ½ small red onion, thinly sliced
- 2 cloves garlic, sliced
- 1 C coconut milk
- 1 C vegetable broth
- 1 TB dijon mustard
- kosher salt and black pepper
- 1 tsp lemon juice
- 2 tsp fresh thyme
- 1 TB fresh parsley, finely chopped (for optional garnish)

TOOLS

- oven and stove top
- baking sheet and spatula or flipper
- large deep skillet (about 12")
- heat-safe stirring spoon
- cutting board and knife

TOTAL TIME: 45 MIN

- Prep: 10 min
- Cook: 35 min

NOTES:

We used a mix of baby bella and baby shiitake mushrooms, but any small mushroom will work. Cremini are a great option, as are common white button mushrooms. We like Earth Balance® Soy Free Buttery Spread and Vegetarian Better Than Bouillon® No Chicken Base.

DIRECTIONS

1. Preheat oven to 350°. Gather and prep all your ingredients!
2. Place skillet over medium-low heat and melt the butter. Add onion and cook, stirring occasionally, until the slices have begun to soften, about 5 minutes.
3. While the onion softens, get your seitan nuggies reheating. Place nuggets on a baking sheet on the center rack of your oven. Bake 10-15 minutes, flipping about halfway through. They should be heated through to the center, and the hand-battered coating should start to sizzle and crisp up.
4. Add garlic to the skillet, stir, and cook until fragrant, about 1 minute.
5. Add mushrooms and a pinch of kosher salt, stir. The mushrooms will release liquid as they cook, so keep stirring for about 5 minutes, and scrape any yummy browned bits from the bottom of the pan with your spoon.
6. Add coconut milk, vegetable broth, and dijon mustard. Turn up the heat to medium and bring the sauce to a simmer. Keep on stirring, until reduced in volume by half.
7. Remove the skillet from heat, and stir in the lemon juice and thyme. Taste, and add ground black pepper and more salt to your liking.
8. To serve, pile the heated craggy nuggets on a platter and spoon the warm stroganoff sauce around and over them. Garnish with a sprinkle of parsley. Enjoy over a bed of noodles, white rice, or shoestring potatoes. Don't forget to stuff yer face!