



BARTLEBY'S AT HOME

Seitanic Sweet n' Sour

SERVES: 4 HUNGRY DEVILS

INGREDIENTS

- Bartleby's Spicy Seitan Nuggets, full pack
- 1 TB canola oil (or other neutral cooking oil)
- 1 red bell pepper, large dice
- 1/2 medium yellow onion, large dice
- 2 cloves garlic, minced
- 8 oz can of pineapple chunks, juice reserved
- 2 TB arrowroot starch/flour
- 1/4 C brown sugar
- 1/4 C ketchup
- 1/4 C apple cider vinegar
- 2 TB liquid aminos
- garnishes: finely sliced chives and/or scallions, sesame seeds, and chili flakes (optional)

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: 30 MIN

- Prep: 10 min
- Cook: 20 min

NOTES:

If the sauce gets too thick or gummy, add water, a couple tablespoons at a time, to loosen it. We like Primal Kitchen Organic Unsweetened Ketchup and BRAGG liquid aminos. Jasmine rice and seared broccoli are great side dishes.

DIRECTIONS

1. Preheat oven to 350°. Gather and prep all your ingredients!
2. Place nuggets on an ungreased 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.
3. While nuggets are heating, make the rest of your stuff. Heat canola oil in skillet over medium-low heat. Add red pepper and onion and cook, stirring occasionally, until soft, about 7 minutes.
4. Add garlic, stir, and cook just until fragrant, about 1 minute.
5. Add pineapple chunks, stir, and let warm through.
6. In a separate bowl, thoroughly whisk together arrowroot starch, brown sugar, ketchup, apple cider vinegar, aminos, and the reserved pineapple juice (about 1/4 C).
7. Add liquid mixture to skillet, raise heat to medium, and cook, stirring frequently, until sauce has thickened to your liking, about 5 minutes. You want it to coat the nuggies, but retain pourability.
8. Remove your heated Nuggets from the oven, place into skillet with the warm and thickened sweet n' sour sauce, and turn to coat. Divide between four bowls, garnish with abandon, and serve. Don't forget to stuff yer face!