

Beans, Rice And Everything Nice

Sesame Soy Curls



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 4–6 servings

- 1 cup dry soy curls
- 1 red pepper, sliced
- 2 carrots, peeled and thinly sliced
- 1 stalk broccoli, stems sliced and florets separated
- 2 green onions, thinly sliced

Sesame Sauce

- 2 Tablespoons tomato paste
- 2 Tablespoons gluten-free tamari
- 1-2 Tablespoons maple syrup (optional)
- 1 Tablespoon tahini
- 1 Tablespoon rice vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2–1 teaspoon hot sauce
(I used Frank's Red Hot)
- 1/2 cup warm water
- Sesame seeds for garnish*

1. Break the soy curls into 2.5 cm (1 inch) pieces and soak in 2 cups of water for 10 minutes. Prepare the vegetables and whisk together the sauce ingredients while the soy curls are soaking.
2. After 10 minutes, drain the soy curls and squeeze out as much water as you can. Heat a non-stick skillet over medium heat and dry saute the soy curls for 5 minutes, until lightly toasted. Remove the soy curls and set aside.
3. Add the broccoli and a small amount of water (about 1/2 cup) to the pan, cover with a lid and steam for 2 minutes. Add the carrots and red pepper, a little more water (up to another 1/2 cup) if needed, cover with a lid and steam for 2 more minutes.
4. Finally, add the soy curls and the sauce and cook, stirring, until the sauce is bubbling and the soy curls are heated through. Stir in the sliced green onion.