

Seitan Makhani (Vegan-Style Indian Butter Chicken)

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/soy-milk-recipe-indian>

Ingredients:

- 1 tablespoon peanut oil
- 1 shallot finely chopped
- 1/4 cup onion chopped
- 2 tablespoons vegan margarine
- 2 teaspoons lemon juice
- 1 teaspoon ground ginger
- 2 cloves garlic minced
- 2 teaspoons garam masala
- 2 teaspoons curry powder
- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- 1 bay leaf
- 1 cup tomato puree
- 1 cup soy milk
- 1/4 cup plain yogurt vegan
- 1/4 teaspoon cayenne pepper or to taste
- 1 pinch salt
- black pepper to taste
- 1 1/2 teaspoons peanut oil
- 16 ounces chicken 1 package, style seitan, cut into strips or cubes
- 2 teaspoons garam masala
- 1 pinch cayenne pepper
- 1 tablespoon cornstarch
- 1/4 cup cold water

Nutrition:

1. Calories: 220 calories

2. Carbohydrate: 13 grams
3. Cholesterol: 50 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 330 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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