



Homemade seitan with asparagus and sesame noodles

What you'll receive:

- Glazed seitan (alliums, gluten)
- Asparagus (nuts, alliums)
- Sesame noodles (gluten, sesame, alliums)

What you'll need:

- Frying

Method:

1. Pan fry the seitan for a few minutes until hot and crispy..
2. Reheat the noodles and asparagus in the microwave.
3. Serve the trout on top of the noodles, with some asparagus on the side.

Once you've finished your meal, please wash glassware and tupperware thoroughly and leave it in your boot room or on the side in the kitchen for our delivery driver to collect.

Thank you!