



VEGAN GREEK-STYLE GYROS

This recipe is great for when you are looking for something a little more naughty to enjoy for dinner. The seitan lends itself well to the wraps; it is seasoned to perfection, the texture closely resembles that of its meat-based counterpart, and it provides a generous portion. If you find the time, a great homemade vegan tzatziki really elevates this dish, as well as fresh crunchy salad, soft warm kebab wraps, and homemade pickled sliced red onion.

Prep **2 hour 15 mins**
Cook **1 hour**
Serve **4-6 people**

INGREDIENTS

SEITAN GYROS PIECES

- 100g tinned red kidney beans - drained and rinsed
- 1 tablespoon olive oil
- 2 tablespoons tamari or soya sauce
- 225ml umami stock or vegetable stock
- 1 teaspoon vegan worcester sauce
- 3 tablespoons nutritional yeast flakes
- 1 ½ teaspoons gyros spice mix
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- ¼ teaspoon smoked sea salt
- ½ teaspoon smoked paprika
- 200g vital wheat gluten – plus a little extra for dusting

TO SERVE

- warm pitta breads or tortilla wraps
- fresh salad
- vegan tzatziki or garlic mayo
- chilli sauce - optional
- pickled sliced red onion - optional

METHOD

Begin by blitzing the kidney beans, stock, olive oil, tamari, worcester sauce in a blender until the beans are smooth. Now add the remaining dry ingredients - apart from the vital wheat gluten - one by one to the wet mix and blend until well combined.

Transfer this mix to a large bowl and begin to add in the vital wheat gluten gradually. Mix this well until the dough comes together. Knead the dough well but not excessively. Sprinkle some wheat gluten onto a surface and form a large, oval-shaped dough.

Lay out on some tin foil and wrap tightly, sealing tightly on the ends. Now steam for 1 hour. Make sure to check the water levels as sometimes this can dry out.

Leave to sit until completely cool and then place in the fridge for 2 hours or overnight.

Slice the seitan as required and fry off with a little oil in a frying pan. Serve with warm pitta breads or wraps, salad, pickled sliced red onion, chilli sauce, and vegan tzatziki or garlic mayo.