

VEGAN PEPPER STEAKS

Prep 10 min

Cook 1 Hour

Serves 4 people

INGREDIENTS

- 200g Dark Speckled Lentils (tinned) – drained and rinsed
- 100ml Water
- 3 Tbsp Tomato Purée
- 1 ½ Tbsp Soy Sauce or Tamari
- 3 Tbsp Nutritional Yeast

- 1 ½ Tbsp Garlic Powder
- 1 ½ Tbsp Paprika
- 3 tsp Ground Black Pepper
- 1 tsp Smoked Salt
- 200g Vital Wheat Gluten Flour

Steak Marinade

- 2 Tbsp Olive Oil
- 3 Tbsp Garlic Powder
- 3 Tbsp Paprika
- 3 tsp Ground Black Pepper



METHOD

Begin by adding the lentils, water, tomato puree and soy sauce/tamari to a food processor or blender, and blitz until smooth. Combine the nutritional yeast, garlic powder, paprika, black pepper, smoked salt and blend until mixed well.

Fold in the blended mix to the vital wheat gluten slowly and knead for a couple of minutes. Form a rough ball from the dough and cut into four oblong, steak-shaped, pieces.

Lower the steaks into a pan of boiling salted water and simmer for around 25 minutes. Remove the steaks, drain and leave to cool for 15 minutes. Pat the steaks dry with some cheese cloth or paper towels.

Combine the marinade ingredients in a large mixing bowl. Add the steaks to the bowl and mix well until they are well-coated. Leave to marinate for 20 minutes. This can be kept in the fridge for up to three days and prepared when needed. Preheat your oven to 180c.

Wrap each steak tightly in tin foil and place in the oven for 30 minutes. Take them out of the oven and leave to rest for 20 minutes or so. Do not remove from the foil until they have completely cooled.

Add a splash of oil to a sauté pan and let it get hot. Add the steaks and drizzle over any remaining marinade. Cook for around two minutes on each side until both sides are well browned, but the steak is still tender. Leave to rest for a couple of minutes before serving with asparagus, mashed potatoes or chips, and topped with our delicious whisky sauce.