

# Seitan Manti w/ Non-Dairy Yogurt & Roasted Tomato Oil

*Swick*

Serves 1 | Active Time: 1 hour 30 minutes | Total Time: 1 hour 30 minutes

## Step 1: Preparing the Dough

- 1 recipe Eggless Pasta Dough

Prepare the Fresh Eggless Pasta Dough per the recipe instructions. Allow to rest while you prepare the filling and the yogurt sauce.

## Step 2: Preparing the Filling

- 8 oz seitan, plain (either store bought or homemade)
- 3 tbsp green onions, thinly-sliced
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 2 tbsp fresh parsley, minced
- pinch of cayenne
- sea salt and freshly ground black pepper, to taste

In food processor, add the seitan and grind until a crumbly, then place in a small bowl. Add the rest of the ingredients and mix together well. Set aside until ready to assemble the manti.

## Step 3: Preparing the Yogurt Sauce

- 14 oz vegan unsweetened yogurt
- 2 tbsp fresh mint, minced
- 1 clove garlic
- sea salt and freshly-ground black pepper, to taste
- 1 recipe Roasted Tomato Oil for garnish

For the yogurt sauce, in small bowl mix all ingredients thoroughly and set aside.

## Step 4: Assembling the Manti

Roll the pasta out very thin to approximately 1/16-inch thickness. Cut into 2-inch squares, set aside and cover with a clean towel to ensure they do not dry out.

On the counter top, lay out 6 or more squares in a row, keeping the remaining pasta covered so it does not dry out. Place about 1 teaspoon of the seitan filling in the center of each square.

Moisten the edges with a little bit water, then bring each corner to the center to make a star-like shape. Be sure that there are no air pockets where the filling is or it may tear in the cooking water. Since these are so delicate and small, try not to rip any of the dough while sealing.

Place each manti onto a lightly-floured baking tray and cover again with a towel. Repeat the process with the rest of the dough until all the filling has been used.

## Step 5: Cooking & Serving the Manti

Bring a big pot of salted water to just a hard simmer (not a full boil because these are very delicate). Gently drop a handful of manti at a time into the water. Cook for 1 to 2 minutes, stirring very gently to prevent from sticking while making sure the manti stay intact. They will float to the top when done, like ravioli. Using a slotted spoon, gently remove and transfer onto a large serving plate.

To serve, place a few small spoonfuls of the yogurt sauce on the center of a plate. Assemble the pasta around the sauce. Drizzle the Roasted Tomato Oil around the manti. Serve with chile flakes.