

Seitan and sesame seeds Ragu

Preparation time: 25 min

Difficulty: Easy

Ingredients

Garlic: 1 clover Natural Seitan: 14 oz

• Onion: 1

Pepper: to tasteSalt: to taste

• Sesame Seeds: 1 spoonful

• White wine: 1 glass



Preparation

Finely mince the onion, sauté it in a pan with a little olive oil and add the seitan cut in very small dice. After a few minutes pour the wine and simmer, then add sesame seeds and **Pomì finely chopped tomatoes**, cook for 20 minutes over moderate heat and season to taste.

Boil your favourite pasta and stir-fry it in the just made Ragu.

For this recipe we used:

Finely Chopped Tomatoes 3,52 oz

