

Seitan and sesame seeds Ragu



Preparation time: 25 min.

Difficulty: Easy

Ingredients (4 people)

- **Marinara spaghetti**
 - Finely chopped tomatoes 26.6oz 3,52 oz
 - Garlic 1 clover
 - Natural Seitan 14 oz
 - Onion 1
 - Pepper to taste
 - Salt to taste
 - Sesame Seeds 1 spoonful
 - White wine 1 glass

For this recipe we used:



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 **Pomi 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.