

Jack Daniel's® Full Flavour Smokey™ Vegan Steaks

Ingredients

130g Canned Chickpeas (Drained)

1 tsp Garlic Powder

1 tsp Onion Powder

1/4 tsp Cumin

1/4 tsp Coriander Powder

1/2 tsp Oregano

2 Tbsp Soy Sauce

110g Tomato Paste

1 tsp Paprika

1/4 tsp Black Pepper

120ml Vegetable Stock

263g Vital Wheat Gluten (Available from Holland and Barrett or Amazon)

1 bottle Jack Daniel's® Full Flavour Smokey Barbecue Sauce

Serve with Sweet potato fries and salad

Method

Add the chickpeas, garlic powder, onion powder, cumin, coriander powder, oregano, soy sauce, tomato paste, paprika, black pepper, Jack Daniel's® Full Flavour Smokey Barbecue Sauce and

vegetable stock to the food processor and process until well mixed.

Transfer to a mixing bowl and add the vital wheat gluten. Stir briefly and then get in there with your hands, mixing it into a dough. Knead the dough for around 2 minutes. Divide in 4 and shape into steaks

Wrap individually in foil and steam over a basket for 20 minutes.

Once steamed place on a baking tray and brush with Jack Daniel's® Full Flavour Smokey Barbecue Sauce. Coat very well.

Heat a frying pan with a little olive oil and fry the steaks at a moderate heat until golden and caramelised. Keep brushing with glaze to build up a nice sticky coating

Serve with a side salad and sweet potato fries