

# GOOP



## Tamra Davis Dinosaur Meat

Serves: 2 adults and 2 kids

Time: 30 mins.

### ingredients

- 4 ounces seitan
- ¼ cup flour
- 2 tablespoons breadcrumbs
- 2 pinches salt
- 2 tablespoons oil
- 1 clove garlic, minced
- ketchup

### preparation

Slice the seitan into ½" wide medallions. Fill a covered dish or a baggie with flour, breadcrumbs and two pinches of salt and shake the seitan around. Heat a pan with two tablespoons of oil, add the garlic and sprinkle off the excess flour mixture as you put the seitan in the pan. Fry till golden on all sides. Serve with a vegetable and a grain. I sometimes make a silly design with the ketchup.