

Recept geschikt voor: 4 personen | **Moeilijkheid:**
Voorbereidingstijd: 1 min | **Bereidingstijd:** 19 min | **Totale bereiding:** 20 min

Bertyn producten: Instant Protein Veganmix – 3x 90g Seitanburger

Bron: bertyn.eu | Chef: Serge Restiau | © Serge Restiau

Dashi vegetable soup with protein-rich seitan balls

Ingrediënten

- 1 l water
- 1 dash of Tamari sauce
- 1 sachet vegetarian Dashi
- 1 sachet Instant Protein Vegan Mix - 3x 90g Seitan Burger from Bertyn (150 g)

- 1 large bowl of julienne vegetables (leek, carrot, onion, bell pepper)
- 1 handful of shitake mushrooms
- 1 bunch of fresh coriander
- 1 cm fresh ginger

Bereiding

1. Take a large pot and boil 1 litre of water with a dash of tamari sauce and a sachet of veggie dashi.
2. In the meantime, prepare the seitan mix as shown on the packaging.
3. Mix 1 sachet with 120 ml water.
4. Pluck small chunks of dough and drop them into the boiling water.
5. After the seitan wontons have been cooking for about 5 minutes, add the julienne vegetables and mushrooms.
6. The vegetables can stay nice and crispy for this soup.