



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳

Vorbereidingstijd: 20 min | **Bereidingstijd:** 190 min | **Totale bereiding:** 210 min

Bertyn producten: [Veggie Protein Bloc - Natur](#) [Veggie Protein Bloc - Spelt](#) [Veggie Protein Bloc - Wheat](#)

Bron: bertyn.eu | Chef: [Stefano Vicinoadio](#) | © Stefano Vicinoadio

Tasty pumpkin soup with parsley and seitan chips

Ingrediënten

- 1 medium-size Hokkaido pumpkin
- 2 cloves of garlic
- 3 tbsp olive oil (Amanprana Verde Salud)
- 1 tsp Fleur de sel (Amanprana)
- 1 tsp pepper
- 1 tsp herb mix (Amanprana ORAC Botanico mix)
- 100 g Veggie Protein Bloc
- 1.5 l vegetable bouillon
- 1 bundle of flat-leaf parsley

Bereiding

1. Preheat the oven to 50-80 °C.
2. Cut the seitan very thinly and place on a sheet of baking paper.
3. Scatter with fleur de sel, pepper and herb mix and leave in the oven for about 2.5 hours so that it slowly dries.
4. If you do not have a convection oven, leave the door slightly ajar so that the moisture can escape.
5. When the seitan is done, heat the oven to 250 °C.
6. Halve the pumpkin, remove the seeds with a spoon, slice and rub in a little olive oil.
7. Season with fleur de sel and pepper and then bake for around 40 minutes in the oven.
8. Peel the garlic and fry until golden.
9. Remove the pumpkin from the oven and puree together with the vegetable bouillon, the garlic and the other vegetables and then add a generous portion of chopped parsley (do not let it cook).
10. Garnish with the dried seitan and serve. Enjoy!