

Recept geschikt voor: 4 personen | **Moeilijkheid:**
Voorbereidingstijd: 10 min | **Bereidingstijd:** 15 min | **Totale bereiding:** 25 min

Bertyn producten: Pepper Protein Steak

Bron: bertyn.eu | Chef: Stefano Vicinoadio | © Stefano Vicinoadio

Vegan steak with creamy mushroom sauce.

Ingrediënten

- 2 Pepper Protein steaks
- 500 g brown mushrooms
- 200 g cashew nuts
- 4 cloves of garlic
- 3 tsp balsamic vinegar
- 1 tsp Fleur de sel (Amanprana Khoisan fleur de sel)
- A pinch of pepper
- 1 tsp herb mix (Amanprana ORAC Botanico mix)
- 2 tbsp red palm oil (Amanprana Red palm oil)

Bereiding

1. Clean the mushrooms and heat up in a pan with the red palm oil.
2. Peel the cloves of garlic, slice, and add to the mushrooms and let cook for 4-5 minutes.
3. Meanwhile puree the cashew nuts and about 300 ml of water in a mixer until it becomes creamy and milky.
4. Add the balsamic vinegar to the mushrooms (while shaking the pan), then add the cashew-milk and bring to the boil.
5. Season with pepper and fleur de sel.
6. Gently fry the steaks in a little red palm oil.
7. When it is golden brown on both sides, place on plates and garnish generously with the mushrooms and sauce.
8. You can serve the dish with rice, vegetables or a sweet potato. Enjoy!