



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳
Vorbereidingstijd: 0 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 30 min

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

Bron: bertyn.eu | Chef: [Chantal Voets](#) | © Chantal Voets

Vegetarian saté of seitan with peanut sauce

Ingrediënten

For the vegetarian saté:

- 400g Veggie Protein Bloc - Spelt
- 4 (wooden) sticks?
- a drizzle of [coconut oil \(Amanprana\)](#)

For the peanut sauce:

- 2 shallots
- 2 cloves of garlic
- a drizzle of [Amanprana extra virgin coconut oil](#)
- 125g of roasted peanuts
- 200 ml of coconut milk or water
- 1 or 2 fresh chilli peppers
- 1 tablespoon of [Gula Java coconut blossom sugar](#)
- a drizzle of Ketjap manis soya sauce

Bereiding

Vegetarian saté:

1. Break the Veggie Protein Seitan - Spelt Bloc into pieces to produce a more chicken-like texture and thread these pieces onto a stick.
2. Grill the satays in a grill pan with a little coconut oil, until they turn golden brown.

Peanut sauce:

1. Chop the shallots and garlic finely and simmer them in a pan with a little coconut oil.
2. Add the peanuts and cook until lightly browned.
3. Add the coconut milk or water, the diced chilli peppers, the coconut blossom sugar and the Ketjap manis soya sauce.
4. Mix everything together to obtain a smooth sauce, adding more water if necessary.