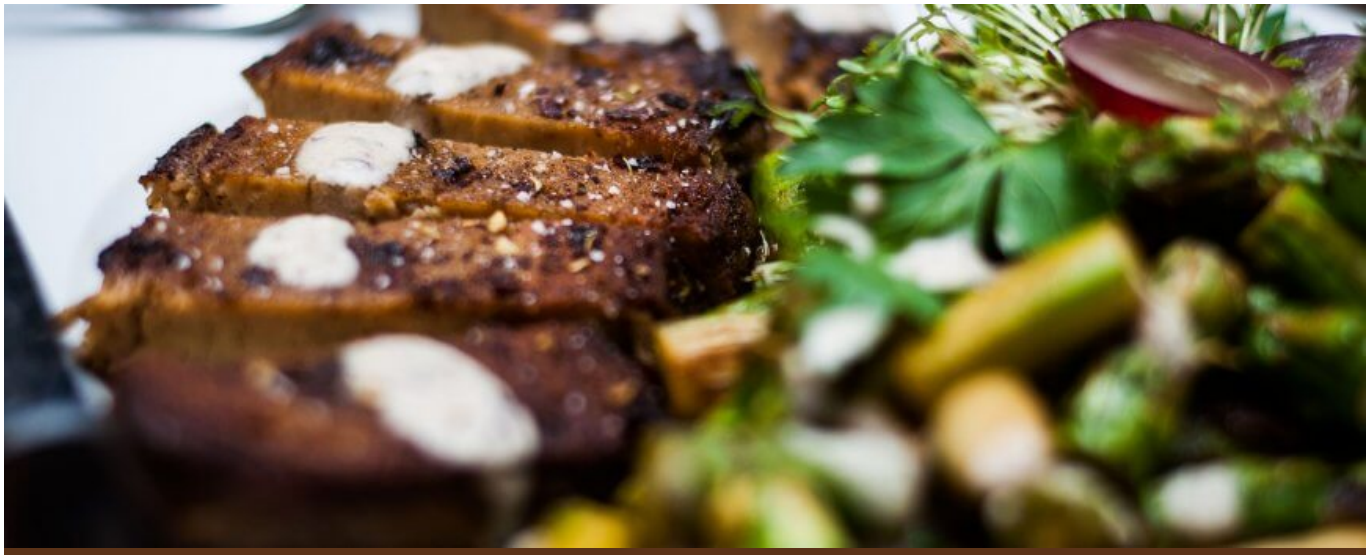


Recept geschikt voor: 2 personen | **Moeilijkheid:**
Voorbereidingstijd: 15 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 35 min

Bertyn producten: Veggie Protein Steak - Wheat

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

Vicious Vampire Steak and green asparagus with white wine sauce and almonds

Ingrediënten

- Veggie Protein Steaks – Wheat
- 400 g Fresh green asparagus
- 1 Clove of garlic
- 2 tablespoons Fresh cress
- 100 ml Dry white wine (vegan wine)
- 2 tablespoons coconut, olive and red palm oil (Amanprana)
- Olive oil, Verde Salud (Amanprana)
- 1 teaspoon Almond paste
- A pinch Fleur de sel (Amanprana)
- 2 tablespoons Herbs (Amanprana ORAC Botanico-mix, spicy)
- 1 tablespoon Mix of bhut jolokia chilli, black pepper, garlic and coriander (available from a delicatessen)

Bereiding

1. Peel the green asparagus and, if necessary, cut into pieces.
2. Peel the garlic and cut very fine.
3. Remove the seitan from the packaging and drain off the marinade.
4. Dust with fleur de sel, one tablespoon of herbs and the spices, then rub a little oil into the steaks.
5. Turn the steaks over and season the other side.

Cooking the green asparagus:

1. Heat a pan with one tablespoon of the coconut oil melange.
2. Add the garlic, cook briefly, then add the pieces of green asparagus.
3. Fry for five minutes then add the white wine.
4. Leave to cook for 2-3 minutes, season with the spice mix from the delicatessen and salt and keep warm.

Frying the Vicious Vampire seitan:

1. Return the pan to the stove, heat up and add the rest of the coconut oil melange, spreading it around.
2. When the oil is hot place the seitan steaks in the pan and cook at a high temperature until they come loose from the pan when you shake it.
3. Remove the seitan steaks from the pan and decorate the plates with them, the sprouts and the green asparagus.

Making the white wine sauce and serving the Vicious Vampire seitan:

1. Add a dash of wine to the pan and let sizzle briefly.
2. Add a teaspoon of almond paste and, if necessary, some water.
3. Stir with a whisk, season with salt and spices and spread a little of the sauce over the two plates.
4. Enjoy our Vicious Vampire seitan with green asparagus, almonds and white wine sauce!