



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

Vorbereidingstijd: 15 min | **Bereidingstijd:** 15 min | **Totale bereiding:** 30 min

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

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

Creamy potato soup with pieces of seitan and almond milk

Ingrediënten

- 300g potatoes
- 300ml almond milk or other kind of vegetal milk
- 400g Veggie Protein Seitan cubes
- 2 cloves of garlic
- 1 onion
- 300 ml yeast free vegetable stock
- [1tbsp red palm oil \(Amanprana Red Palm oil\)](#)
- ½ bundle of flat leaf parsley
- 1tbsp yeast flakes
- [A pinch of fleur de sel \(Khoisan fleur de sel\)](#)
- A pinch of pepper
- [1teaspoon of herb mix \(ORAC herb mix spicy of Amanprana\)](#)

Bereiding

1. Peel the potatoes, the garlic and the onion and dice them into small cubes.
2. Fry briefly with the seitan in red palm oil and deglaze with the vegetable stock and the almond milk.
3. Let it simmer until the potatoes are tender, season with salt, pepper, herb mix and yeast flakes.
4. Chop the parsley very fine, stir the pieces through the rest of the pan and serve at once.