



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

Vorbereidingstijd: 0 min | **Bereidingstijd:** 0 min | **Totale bereiding:** 0 min

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

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

Fondue tempura vegetables and seitan in coconut oil

Ingrediënten

- 1 courgette
- 8 mushrooms
- 1 aubergine
- 1 red pepper
- 8 green asparagus
- Extra virgin Amanprana coconut oil
- 1 Veggie Protein Seitan – Bloc

For the batter

- Japanese breadcrumbs
- 1 cup ice water
- 1 cup flour
- 1 egg yolk

Bereiding

1. Cut the vegetables and the seitan into thin slices or 5 cm sticks.
2. Make the batter: put the egg yolk in a bowl, stir it together with the water,
3. add the flour in one movement, briefly stir to mix everything (the batter does not need to be very smooth). Do not make too much batter at once.
4. Then dip the vegetables in the batter and then in the breadcrumbs.
5. Deep-fry immediately on 165°C in delicious coconut oil.