



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

Vorbereidingstijd: 15 min | **Bereidingstijd:** 40 min | **Totale bereiding:** 55 min

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

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

Spicy soup of garlic and Brazil nuts with crunchy seitan in rice sheets

Ingrediënten

- 200 g Veggie Protein Bloc
- 100 g fresh garlic
- 50 g Brazil nuts
- 1 small red chilli pepper
- 1.5 l vegetable bouillon
- 1 bunch of parsley
- 1 bunch of chives
- 4 sheets of rice paper, soaked in cold water
- Olive oil (Amanprana Verde Salud)

Bereiding

1. Peel the garlic, slice very thinly and fry until golden in a deep pan with some olive oil.
2. Roughly chop the Brazil nuts and add to the garlic. Add the vegetable bouillon and bring to the boil.
3. Cover and simmer for 20 minutes.
4. Season with salt and pepper, add the chilli pepper and puree in a mixer.
5. Cut the seitan into four equal pieces, season with salt and pepper and roll up in the rice sheets.
6. Fry in plenty of oil until crisp and add to the soup together with the chopped herbs.
7. Serve the hot soup immediately. Enjoy!