



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

Vorbereidingstijd: 10 min | **Bereidingstijd:** 180 min | **Totale bereiding:** 190 min

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

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

African goulash soup with chickpeas, seitan and cumin

Ingrediënten

- 400g Veggie Protein Bloc in cubes
- 6 tomatoes
- 1 can of chickpeas
- 4 onions
- 4 cloves of garlic
- 1tbsp tomato paste
- 3tsp cumin
- 1tsp cinnamon
- 1tsp cayenne pepper
- 1 fresh red chili
- 1tbsp Olive oil (Verde Salud of Amanprana)
- Fleur de Sel (Amanprana)
- Freshly ground pepper
- 1tsp spicy spice mix (Amanprana ORAC Mix with chili)

- 1 bundle flat-leaf parsley
- 200g peeled cashew nuts
- As much vegetable stock as necessary

Bereiding

1. Remove the seitan from the wrapping and drain through a sieve.
2. Heat the olive oil in a large sauce pan and bake the seitan well.
3. Peel and divide the onions in four.
4. As soon as the seitan starts browning, add the pieces of onion and roast well.
5. Peel the garlic, crush it and add. Wash the tomatoes and slice in cubes.
6. Once the seitan and onions have browned, deglaze with the tomatoes.
7. Depending on the amount of moisture the tomatoes hold, you fill up the goulash with a strong vegetable stock.
8. Let it simmer for at least 3 hours on the lowest fire on your stove.
9. Stir frequently and, if necessary, add liquid.
10. Puree the peeled cashew nuts in a blender until you get a creamy mixture.
11. Add the tomato puree and the spices and give it another mix.
12. Finally, add the mixture to the dish and wait until 40 minutes before the end of the cooking time to add the chick peas.
13. Just before serving, season with the herbs.
14. Make sure the cumin is well present, it is the flavoring agent of this dish.
15. Also before serving, chop the parsley and sprinkle over the goulash.
16. This goulash will taste deliciously in combination with Turkish bread, rice or a mash of sweet potatoes.