

Recept geschikt voor: 3 personen | **Moeilijkheid:**
Voorbereidingstijd: 1 min | **Bereidingstijd:** 14 min | **Totale bereiding:** 15 min

Bertyn producten: Instant Protein Veganmix – 3x 90g Seitanburger

Bron: bertyn.eu | Chef: Serge Restiau | © Serge Restiau

Homemade vegan burger with French fries

Ingrediënten

- 1 sachet Instant Protein Vegan Mix -Seitan Burgers from Bertyn (150 g)
- 120 - 150 ml water
- 1 carrot
- 1 bell pepper

- 1 onion

Bereiding

1. Make the seitan mix for the burgers as shown on the packaging.
2. Put the dry mixture in a large bowl.
3. Chop the vegetables very finely and add them to the dry seitan mix.
4. Then add 120 to 150 ml of water and mix to a smooth consistency.
5. Divide the seitan into 3 pieces and make 3 burgers out of these.
6. Lay the burgers in the pan, press them flat with a spatula and fry them on both sides in extra virgin olive oil.