



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

**Vorbereidingstijd:** 15 min | **Bereidingstijd:** 0 min | **Totale bereiding:** 15 min

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

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

# Indian-style stuffed courgette with seitan, garam masala and parsley

## Ingrediënten

- 400 g Veggie Protein Bloc cubed
- 2 large courgettes
- 4 tbsp fried onion
- 1 tbsp Herb mix ([Amanprana ORAC Botanico Mix with chilli](#))
- 3 tbsp Omega oil ([Amanprana Happy Perilla Special Omega oil](#))
- 1 bundle of flat-leaf parsley
- A pinch of fleur de sel ([Amanprana](#))
- A pinch of pepper

## Bereiding

1. Preheat the oven to 180 °C.
2. Wash the courgettes and halve them.
3. Using an ice cream spoon, scoop out the centres. Place the seitan, the fried onion, the herb mix and some salt and pepper in a mixer and mix. Use it to fill the courgettes.
4. Place the stuffed courgettes in a casserole dish, drizzle with a little oil and season with salt and pepper.
5. Place in the oven for 35 to 40 minutes and serve with potatoes or rice. Enjoy!