



Recept geschikt voor: 8 personen | **Moeilijkheid:** 🍳 🍳 🍳

Vorbereidingstijd: 10 min | **Bereidingstijd:** 15 min | **Totale bereiding:** 25 min

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

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

Italian meat loaf with thyme and oregano

Ingrediënten

- 3 eggs
- 400 g ground seitan
- 8 cloves garlic, chopped
- 1 bell pepper, finely chopped
- 200 g cheese grated, f.ex sharp cheddar
- 200 g mushrooms, chopped
- 1 - 2 red onion, finely chopped
- 200 g tomato sauce
- 50 g coconut flour Amanprana
- 1 teaspoon oregano
- 1 teaspoon thyme
- a dash of Amanprana Orac Botanico mix mild of spicy
- 1 teaspoon coconut oil, extra virgin Amanprana

Bereiding

1. Bake onion, bell pepper, and garlic until tender crisp in some coconut oil.
2. Combine cooked vegetables with ground seitan, cheese, mushrooms, eggs, coconut flour and herbs in a bowl and mix well.
3. Form mixture into a loaf and place into baking dish.
4. Pour tomato sauce over the top.
5. Bake at 350 degrees F (175°C) for about 1,5 hours.