



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

**Vorbereidingstijd:** 10 min | **Bereidingstijd:** 0 min | **Totale bereiding:** 10 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

# Jamaican brochette of seitan, with rum, chili & coconut blossom sugar

## Ingrediënten

- 1 Veggie Protein Bloc on cubes
- 1tsp Allspice
- 1tbsp soy sauce
- 3 to 4tbsp lime juice
- 1 red chili pepper
- 1 to 2tbsp coconut blossom sugar (Gula Java Brut by Amanprana)
- 2tbsp rum
- 1 clove of garlic
- 4tbsp olive oil
- 4 wooden skewers
- A pinch of Fleur de Sel (Amanprana)
- A pinch of pepper
- 1tbsp spice mix (Amanprana ORAC Botanico-Mix)

## Bereiding

1. Drain the seitan well and put it in a dish.
2. Finely chop the chili and the garlic; use them together with the other ingredients to prepare a marinade.
3. Add the marinade to the seitan and stir well.
4. Let it marinate for at least 2 hours.
5. For a perfect result, it is best to let it marinate overnight.
6. Divide the pieces of seitan over the 4 brochettes.
7. Bake on a grill, barbecue or in a frying pan.
8. Bake for about 1,5 minute on all sides until the seitan is slightly colored and warm enough.
9. This seitan recipe is ideal with some wild rice, young peas and Turkish bread. Enjoy!