



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

Vorbereidingstijd: 15 min | **Bereidingstijd:** 25 min | **Totale bereiding:** 40 min

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

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

Jamaican seitan jerk with chili and ginger

Ingrediënten

- 1 Veggie Protein Bloc
- 1 large onion
- 70 g of fresh ginger
- 4 chili pods
- 10 cloves of garlic
- 4tbsp olive oil (Amanprana Verde Salud)
- 3 colored peppers
- 1 lime, the juice
- 1tbsp thyme
- 1/2tsp nutmeg
- 1tsp cinnamon
- tsp allspice
- 1/2tsp clove
- 4tbsp lime juice

Bereiding

1. Peel the onion and cut it into pieces.
2. Peel and grate the ginger and peel the garlic and cut into small pieces.
3. Add the remaining herbs to make a marinade and mix half of it with the onions, the garlic, the ginger and the lime juice.
4. Cut the seitan in two equally large disks and brush them with the remaining marinade.
5. Allow both to marinate in the fridge for at least two hours, preferably the entire night.
6. Heat the olive oil in a pan and roast the marinated seitan well.
7. Put on a baking tray and add the chili pods whole and the peppers in slices.
8. Let it bake in the oven for about 10 to 15 minutes at 180°C.
9. Serve when hot.
10. Serve with some rice or Turkish bread. Enjoy !