



Recept geschikt voor: 4 personen | **Moeilijkheid:** 👨‍🍳 👩‍🍳
Vorbereidingstijd: 0 min | **Bereidingstijd:** 0 min | **Totale bereiding:** 0 min

Bertyn producten: [Teriyaki Protein Tops](#)

Bron: bertyn.eu | Chef: [Serge Restiau](#) | © Serge Restiau

Japanese Teriyaki Seitan with Noodles

Ingrediënten

- 4 rolls of soba noodles or harusame
- 20 g wakame (seaweed)
- 1 bowl of watercress
- Teriyaki Protein Tops
- 1 bowl of red beet shoots
- A dash of ume vinegar
- 1 teaspoon roasted sesame oil
- 1 tbsp soy sauce
- 1 bunch of fresh coriander

Bereiding

1. Cook the noodles as prescribed and cool in plenty of water.
2. Soak the wakame seaweed in tepid water.
3. Drain the seaweed and squeeze well.
4. Wash the watercress and the red beetroot shoots and let both drain well. Mix the vegetables and the seaweed together with the vinegar and oil. Arrange the drained noodles on a rectangular plate and sprinkle a few drops of soy sauce over it (to taste).
5. Meanwhile, let the seitan gently fry in a pan until it starts to glaze.
6. Then arrange the warmly baked teriyaki seitan on top.
7. Place the lettuce in a separate cup on the plate, finish with fresh coriander.