



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

Vorbereidingstijd: 55 min | **Bereidingstijd:** 45 min | **Totale bereiding:** 100 min

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

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

Lasagne with seitan and cheeseless cheese sauce - vegan and lactose-free

Ingrediënten

- 1 Veggie Protein Bloc – Spelt
- olive oil (Amanprana Verde Salud)
- 1 large onion
- 3 cloves garlic
- 3 carrots
- 1 celery stalk
- 1 leek
- 1 parsley root
- Liquid smoke flavouring
- 800 g tinned tomatoes
- 2 tbsp tomato purée
- 300 ml vegetable stock
- 150 ml vegan red wine
- 1 tbsp coconut blossom sugar (Amanprana Gula Java Brut)
- 2 tbsp oregano

- Lactose-free lasagne sheets
- Almond cream

For the vegan cheese sauce:

- 150 g new potatoes
- 60 g carrots
- 1 onion
- 250 ml water
- 60 g tahini (sesame paste)
- 2 cloves garlic
- 1 tsp mustard
- 1 tsp fleur de sel (Amanprana)
- ½ tsp pepper
- 1 tsp lime juice
- ¼ tsp chilli powder
- 100 ml olive oil (Amanprana Verde Salud)
- 4 tbsp yeast flakes
- 1 pinch saffron (Amanprana)

Bereiding

1. Start with the vegan cheese sauce.
2. Bring a pot of water to a high simmer.
3. Chop the potatoes, carrots and onion into small cubes and place in the pot.
4. Cook until soft, place in a blender with the other ingredients and purée to the consistency of liquid cheese.
5. If the mixture is too stiff, add a little extra olive oil. If the mixture is too runny, add more yeast flakes and purée again. Set aside.

Making the seitan mince:

1. Cut the seitan into pieces and pass through a mincer.
2. Alternatively, slice the seitan finely with a knife or use the mincing function on your food processor.
3. The end result should be finely-minced seitan.
4. Add a few drops of liquid smoke for flavour and mix well.

Preparing the vegetables for the lasagne:

1. Peel the garlic and onion and wash the other vegetables.
2. Cut into small cubes. Heat a little olive oil in a frying pan and sear the vegetables for about 5 minutes, until they turn a light brown colour.
3. Add the minced seitan and fry for 8 to 10 minutes.
4. Add the pepper, salt, red wine, sugar and oregano and boil for 10 minutes.
5. Lower the heat and simmer for 20 minutes.
6. Take the pan off the heat and leave to soak overnight.
7. The following day, place the lasagne sheets, vegan cheese sauce and almond cream in layers in an ovenproof casserole dish and top with a final layer of seitan mince sauce with vegan cheese sauce on top.
8. Bake for 40 to 45 minutes in an oven preheated to 180°C, then serve immediately. Bon appetit!