Recept geschikt voor: 4 personen | **Moeilijkheid:** 👨‍🍳 👨‍🍳
Voorbereidingstijd: 10 min | **Bereidingstijd:** 40 min | **Totale bereiding:** 50 min

Bertyn producten: Veggie Protein Bloc - Natur Veggie Protein Bloc - Spelt Veggie Protein Bloc - Wheat

Bron: bertyn.eu | Chef: Stefano Vicinoadio | © Stefano Vicinoadio

Creamy leek soup with vegan cheese, seitan and cashew nuts

Ingrediënten

- 1 Veggie Protein Bloc, ground or cut very finely into seitan
- 500 g onions
- 500 g leeks
- 1.5 l vegetable bouillon
- 200 ml white wine
- 2 cloves of garlic
- 150 g yeast flakes
- 100 g cashew nuts (soaked overnight)
- A pinch of pepper
- A pinch of fleur de sel (Amanprana)
- 1 tsp Herb mix (Amanprana ORAC Botanico Mix with chilli)
- 1 tbsp red palm oil (Amanprana)

Bereiding

1. Clean the onions and leeks and cut them into fine rings.
2. Flash-fry the seitan mince in red palm oil, then add the vegetables and allow to cook on medium heat for around 20 minutes.
3. Douse with the bouillon and the white wine and bring to the boil.
4. Then mix with a stick mixer until the soup is creamy.
5. It will be creamiest when you also puree the seitan, but you can also fry it separately and add to the soup later.
6. Then add the yeast flakes, season with the herb mix and bring back to the boil.
7. If the soup is too watery, add a few more yeast flakes.
8. The soup is best if you leave it in the fridge overnight and reheat it the following day. Enjoy!