



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

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

Bertyn producten: [Veggie Protein Steak - Natur](#)

Bron: bertyn.eu | Chef: [Chantal Voets](#) | © Chantal Voets

Manitoba Seitan Burger

Ingrediënten

- 4 wholemeal buns
- 1 red onion
- a few leaves of lettuce
- ketchup
- mustard
- 4 Veggie Protein Steaks – Natur
- 2 tomatoes
- 4 slices of cheese
- 1 pickle or cucumber
- coconut oil (Amanprana)

Bereiding

1. Cut the wholemeal buns in half.
2. Peel the onion and cut it into rings.
3. You can use the onion raw or caramelise it in a little coconut oil on low heat.
4. Take the tomatoes and cut them into thin slices, just like the pickle or cucumber.
5. Fry the slices of seitan in a little coconut oil until they are crispy.
6. Take the bottom half of a wholemeal bun, lay a lettuce leaf on it, a slice of seitan, two slices of tomato, pickle or cucumber and a slice of cheese and heat this bun in the oven for a few minutes until the cheese has melted.
7. Take the top half of the bun, spread it with a little mustard and ketchup. Put this on top of the melted cheese and there you have your seitan zen burger!