



**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](http://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 caramelize 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!