



Recept geschikt voor: 4 personen | **Moeilijkheid:** 👩🍳 👨🍳
Vorbereidingstijd: 0 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 30 min
Bertyn producten: [Veggie Protein Bloc - Spelt](#)

Bron: bertyn.eu | Chef: [Martine Prenen](#) | © Martine Prenen

Vegetarian mexican seitan stew

Ingrediënten

Seitan Stew

- 1 onion
- 1 Veggie Protein Bloc - Spelt
- 2 bell peppers
- 4 tomatoes
- red palm oil ([Amanprana](#))
- 1/2 tsp cayenne pepper
- 1 tsp chilli powder
- 1 tbsp ground cumin
- 1 tbsp oregano
- a pinch of [fleur de sel](#) or [Orac Botanico mix, chilli \(Amanprana\)](#)
- 4 garlic cloves
- 1 bunch of coriander
- 1 coriander root

Guacamole

- 2 ripe avocados
- 2 ripe tomatoes
- ½ red onion
- juice of 2 limes
- soy cream
- a few drops of tabasco
- 2 garlic cloves
- 2 deseeded chilli peppers, finely chopped or chilli flakes freshly ground black pepper
- 2 tbsp coriander leaves

Walnut dip

- 150 g fresh walnuts
- 150 g feta
- 1 garlic clove
- 2 handfuls of parsley
- 1 tsp coriander seeds
- pinch of cayenne pepper
- walnut oil ([Amanprana](#))

Bereiding

Seitan stew:

1. Slice the onion in rings and cook in palm oil over medium high heat.
2. Add cayenne pepper, chilli powder, cumin, oregano and salt and cook for 1 minute.
3. Finely chop the seitan and slice the peppers in strips. Fry for 5 minutes. Continue to stir.
4. Slice the tomatoes into eight pieces. Cook together with the crushed garlic.
5. Take your pan off the hob. Add the finely chopped coriander leaves and root. Stir well.
6. Serve with tortillas or tacos and guacamole.

Guacamole:

1. Halve the avocados and remove the stone, spoon out the flesh and place it in a blender.
2. Peel the tomatoes and chop them. Place them in the blender.
3. Now add all the other ingredients. • Garnish with some extra coriander.

Walnut dip:

1. Finely chop the walnuts, the garlic and most of the parsley until you obtain a smooth paste.
2. Crumble in the feta. Place everything in the blender, add 120ml of water together with the coriander seeds and the cayenne pepper.
3. Spoon into a bowl. Sprinkle with some walnut oil and garnish with parsley.