



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

Vorbereidingstijd: 5 min | **Bereidingstijd:** 0 min | **Totale bereiding:** 5 min

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

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

Mexican stew (incredibly easy)

Ingrediënten

- 1 large onion
- a drizzle of red palm oil (Amanprana)
- 1/2 teaspoon of cayenne pepper
- 1 teaspoon of chilli powder
- 1 tablespoon of oregano
- 1 tablespoon of ground cumin
- a pinch of fleur de sel (Amanprana)
- 1 Veggie Protein Bloc – Spelt
- 1 red pepper
- 1 green pepper
- 4 tomatoes
- 4 cloves of garlic
- 1 bunch of fresh coriander

Bereiding

1. Cut the onion into rings and fry them in the red palm oil until they become a light gold colour.
2. Add the cayenne pepper, chilli powder, oregano, cumin powder and fleur de sel. Simmer for 1 minute.
3. Chop the seitan finely and cut the peppers into strips.
4. Add them to the herbs in the pan.
5. Fry until sufficiently cooked, continuing to stir. This should take about 5 minutes.
6. Cut the tomatoes into 8 pieces and chop the garlic finely.
7. Add these to the seitan- herb mix and steam-cook everything under a lid.
8. Top with a generous quantity of fresh coriander and serve with tacos and guacamole.