



Recept geschikt voor: 4 personen | **Moeilijkheid:** 👩🍳 👨🍳
Vorbereidingstijd: 10 min | **Bereidingstijd:** 10 min | **Totale bereiding:** 20 min

Bertyn producten: [Veggie Mince](#)

Bron: bertyn.eu | Chef: [Serge Restiau](#) | © Serge Restiau

Seitan Mexicano: seitan mince in Mexican cuisine

Ingrediënten

- 1 large onion
- a drizzle of [extra virgin red palm oil \(Amanprana\)](#)
- 1 tablespoon of [Adapto Botanico-mix \(Amanprana\)](#)
- 1 tablespoon of ground cumin
- a pinch of [fleur de sel](#)
- 2 Veggie Mince
- 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 seasoning mix, cumin powder and fleur de sel. Simmer for 1 minute.
3. Take the mince out of the packet, separate using your hands 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.