



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳
Vorbereidingstijd: 10 min | **Bereidingstijd:** 50 min | **Totale bereiding:** 60 min

Bertyn producten:

Bron: bertyn.eu | Chef: [Stefano Vicinoadio](#) | © Stefano Vicinoadio

Oven dish with Brussels sprouts, seitan and cashew nuts

Ingrediënten

- 1 kilo fresh Brussels sprouts
- 1 Veggie Protein Bloc
- 1tbsp spice mix (ORAC Botanico-Mix of Amanprana)
- 200g peeled cashew nuts
- Fleur de Sel
- Pepper
- Nutmeg
- Breadcrumbs

Bereiding

1. Clean the sprouts, take a sauce pan with generously salted water and bring to a boil. Cook the Brussels sprouts for 5 minutes.
2. Rinse in cold water and put aside..
3. Then preheat the oven at 200 °, cut the seitan in fillet-like strips and mix it with the Brussels sprouts in an baking dish, add Fleur de Sel.
4. Put the peeled cashew nuts in a blender and mash adding a pinch of salt as well as the spice mix. Keep adding bits of water to get a creamy sauce.
5. Add the sauce to the mix of Brussels sprouts and seitan and sprinkle with the bread crumbs
6. Place the dish in the oven for approx. 45 minutes until the top layer has become golden brown and the sauce is bubbling.
7. Serve when still warm and...enjoy !