



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

Vorbereidingstijd: 20 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 50 min

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

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

Parsley root soup and almond milk with seitan and cherry tomatoes

Ingrediënten

- 250 g Veggie Protein Bloc
- 2 parsley roots
- 1 small onion
- ½ l vegetable bouillon
- ½ l almond milk
- 1 clove of garlic
- 1 tsp herb mix (Amanprana ORAC Botanico mix spicy)
- 1 tsp Fleur de sel
- Black pepper
- 10 cherry tomatoes
- Olive oil (Amanprana Verde Salud extra)

Bereiding

1. Peel the parsley root, onion and garlic and cut into equal cubes.
2. Add to the vegetable bouillon and bring briefly to the boil.
3. Simmer for ten minutes, then add the almond milk and puree with a stick blender until the soup is nice and creamy.
4. Cube the seitan and place on wooden skewers, alternating with cherry tomatoes.
5. Coat with olive oil, season with pepper, fleur de sel and herb mix and then grill on the barbecue or in the oven and serve with the soup. Enjoy!