



**Recept geschikt voor:** 4 porties | **Moeilijkheid:** 🧑🍳 🧑🍳

**Vorbereidingstijd:** 0 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 30 min

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

Bron: [bertyn.eu](http://bertyn.eu) | Chef: [Miki Duerinck en Kristin Leybaert](#) | © Miki Duerinck en Kristin Leybaert

## Seitan and parsnip cordon bleu

### Ingrediënten

- 200 g Veggie Protein Bloc
- 200 g parsnip
- Juice of 1/2 lemon
- 1 teaspoon soya sauce
- 2 tablespoons buckwheat flour
- 2 tablespoons flour
- 8 tablespoons breadcrumbs
- Olive oil, Verde Salud (Amanprana)
- [Orac Botanico mix, mild \(Amanprana\)](#)

## Bereiding

1. Peel the parsnip, cut into chunks and cook for approx. 10 minutes.
2. Drain and leave to cool down.
3. Blend the parsnip to a smooth cream and season with lemon juice and Orac Botanico mix. The idea is that the flavour of the thin layer of parsnip between the slices of seitan comes through strongly.
4. Slice the seitan into very thin slices and rub one side with some soya sauce.
5. Spread the other side with a thin layer of parsnip cream and use this to stick the 2 slices together.
6. Make a thick paste by mixing the buckwheat flour and the flour with 1.5 dl water.
7. Place the breadcrumbs on a plate.
8. Bread the seitan slices by first rolling them in the thick paste and then, using the other hand, in the breadcrumbs.
9. Rapidly heat up some olive oil in a pan and fry the cordon bleus on both sides until golden brown.