



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

Vorbereidingstijd: 15 min | **Bereidingstijd:** 10 min | **Totale bereiding:** 25 min

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

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

Vegetarian seitan gyros with rosemary and parsley

Ingrediënten

- 550 g Veggie Protein Bloc – Spelt
- 250 ml Olive oil ([Amanprana Verde Salud](#))
- 4 Cloves of garlic
- 1 Large onion
- 2 tablespoons Paprika powder, hot
- 1 teaspoon Paprika powder, sweet
- 1 bunch Fresh basil
- 1 tablespoon Red palm oil ([Amanprana](#))
- ½ bunch Parsley
- 1 tablespoon Rosemary
- 1 tablespoon Thyme
- 1 teaspoon Chilli powder
- 1 tablespoon Coconut blossom sugar ([Amanprana Gula Java Brut](#))
- ½ tablespoon Fleur de sel ([Amanprana](#))

Bereiding

1. Remove the seitan from the packaging and drain off the marinade.
2. Cut the seitan into slices, as you would for meat-filled gyros, and place in a large bowl.
3. Peel the garlic and onion and cut finely.
4. Add to the bowl of seitan. Add the olive oil and spices and mix well by hand (preferably using disposable gloves), rubbing the ingredients into the seitan. Continue until the seitan has absorbed enough marinade.
5. Chop the parsley and basil finely using a sharp knife and set aside.
6. Heat up a tablespoon of oil in the pan and quickly fry the seitan in small portions. Carefully add the spices and rosemary to the gyros just before serving and let the flavour be absorbed.
7. These vegetarian gyros can be served with various healthy side dishes, such as chips fried in coconut oil, salad or rice, or in a pita topped with soya tzatziki.