



Recept geschikt voor: 8 personen | **Moeilijkheid:** 🍳 🍳

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

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

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

Tropical barbecue kebabs recipe with seitan and papaya

Ingrediënten

- 700 g Veggie Protein Bloc
- 800 g papaya
- 4 red onions
- 6 tbsp lime juice
- 1 tsp mixed herbs & spices (Amanprana ORAC mix with chilli)
- A pinch of fleur de sel (Amanprana)
- A pinch of pepper
- 4 tbsp olive oil (Amanprana Verde Salud)
- 8 long wooden skewers

Bereiding

1. Take the seitan out of its packaging. Pat the seitan dry and cut into large cubes, approx. 3 cm square.
2. Scrape out the seeds from the papaya, peel and slice the flesh into 3 cm cubes or just chunky strips.
3. Peel the onions and cut into thin rings. Place on the skewers, alternating the seitan, papaya and onion rings.
4. Dribble a little lime juice over the top and flavour with the seasoning mix, fleur de sel and pepper.

Cooking the seitan and papaya kebabs on the barbecue:

1. Place the grill on the barbecue, around 10 cm from the flame.
2. Lay the kebabs on the foil and cook for 10 to 15 minutes.
3. Keep turning the seitan and papaya kebabs and dribble oil over them from time to time.