Recept geschikt voor: 10 stuks | **Moeilijkheid:**
Voorbereidingstijd: 0 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 20 min

Bertyn producten: Veggie Protein Bloc - Natur

Bron: bertyn.eu | Chef: Miki Duerinck en Kristin Leybaert | © Miki Duerinck en Kristin Leybaert

Seitan patties

Ingrediënten

- 100g onion
- 100g hazelnuts
- 100g breadcrumbs
- 200g Veggie Protein Bloc – Natur
- Fresh parsley
- 50g buckwheat flour
- 3 tablespoons sesame paste (tahini)
- Amanprana Coconut oil extra virgin
- Amanprana Orac Botanico mix, mild

Bereiding

Easy to make, nutritious seitan patties, a great source of protein! Sugarless patties made with tahini, coconut oil and seitan!

These savoury seitan patties with tahini are baked in a frying pan instead of in the oven.

1. Peel the onion and chop finely.
2. Grind the hazelnuts and breadcrumbs.
3. Finely chop the seitan and parsley.
4. Mix the onion, hazelnuts, breadcrumbs and seitan with the parsley, buckwheat flour and tahini.
5. Season the mixture with Orac Botanico mix, mild.
6. Shape the mixture into flat patties.
7. Heat up some of the coconut oil or olive oil in a pan and cook the patties on both sides until you obtain a nice crust.