Recept geschikt voor: 2 personen | **Moeilijkheid:** ♕ ♕
Voorbereidingstijd: 15 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 45 min

Bertyn producten: Veggie Chili Protein Tops

Stir-fried vegetables with seitan, noodles and turmeric

Ingrediënten

- 400 g Veggie Chili Protein Tops
- 1 Yellow capsicum
- 2 Carrots
- 300 g Fresh or frozen organic peas
- 1 tbsp Coconut oil (Amanprana coconut oil)
- 500 mL Yeast-free vegetable stock
- 2 Fresh chillies, crushed
- 3-4 tbsp Hoisin sauce
- 5 tbsp Light soy sauce
- A generous pinch Pepper
- A generous pinch Paprika
- 1 tsp Seasoning (Amanprana ORAC Botanico mix)
- 1 packet Noodles with turmeric, about 500 g

Bereiding

1. Wash and peel the vegetables and cut into strips.
2. Pour the coconut oil into a wok and heat.
3. Add each vegetable based on how long it takes to cook, and stir-fry the vegetables.
4. Meanwhile, place a pot of salted water on the stove and bring to the boil.
5. Turn off the heat, add the Chinese noodles to the hot water and leave to soak for 2-3 minutes (noodles should not be boiled).
6. Drain the noodles and arrange on the plates.
7. Add the seitan to the vegetable mixture and stir-fry until almost all of the liquid is gone. Stir continuously.
8. Add the peas and heat briefly.
9. Add the soy sauce, hoisin sauce and vegetable stock.
10. Add the finely-ground chillies, cook for a couple of minutes, then season with black pepper, paprika and the seasoning mix.
11. Remove the mixture from the heat and leave to sit briefly.
12. Then arrange the stir-fried vegetables, seitan and sauce on top of the noodles on the plates and decorate with chilli threads. Serve hot.