



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳
Vorbereidingstijd: 5 min | **Bereidingstijd:** 25 min | **Totale bereiding:** 30 min

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

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

Spaghetti bolognese vegetarian recipe with seitan mince, spelt pasta and cashew nuts

Ingrediënten

- 1 Veggie Protein Bloc – Spelt
- 500 g spelt spaghetti
- 2 tsp olive oil (Amanprana Verde Salud)
- 1 large onion
- 3 cloves garlic
- 3 carrots
- 1 celery stalk
- 1 leek
- 1 parsley root
- Liquid smoke flavouring
- 800 g tinned tomatoes
- 2 tbsp tomato purée
- 300 ml vegetable stock

- 150 ml red wine
- 1 tsp coconut blossom sugar (Amanprana coconut blossom sugar)
- 2 tbsp oregano
- 4 tbsp cashew nuts

Bereiding

1. Chop the seitan into small cubes and pass through a mincer.
2. If you don't have a mincer, you can use the mincing function on your food processor.
3. Otherwise, simply chop the seitan very finely with a knife.
4. Peel the garlic and onion and wash the other vegetables.
5. Chop into small cubes.
6. Heat a little olive oil in a non-stick frying pan and sear the vegetables for about 5 minutes, until they turn a light brown colour.
7. Add the minced seitan and fry for 8 to 10 minutes.
8. Add the pepper, salt, red wine, sugar and oregano and boil for 10 minutes.
9. Lower the heat and simmer for 20 minutes.
10. Meanwhile, boil the spaghetti in generously salted water until al dente.
11. Serve the spaghetti with the sauce and a few finely-crushed cashew nuts for extra texture. Bon appetit!