



**Recept geschikt voor:** 4 personen | **Moeilijkheid:** 👨‍🍳 👩‍🍳  
**Vorbereidingstijd:** 20 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 40 min

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

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

# Spelt pasta with seitan and chanterelles. Delicious recipe with a white wine and almond cream sauce

## Ingrediënten

- 1 Veggie Protein Bloc – Spelt
- 500 g spelt pasta
- 1 tsp [olive oil \(Amanprana Verde Salud\)](#)
- 1 large onion
- 3 cloves garlic
- 300 g fresh chanterelles
- 150 mL vegetable stock
- 150 mL vegan white wine
- 3 tbsp white almond cream
- 1 tbsp [coconut oil \(Amanprana\)](#)
- 1 bunch flat leaf parsley
- 1 bunch chives
- A pinch of [fleur de sel \(Amanprana\)](#)

- A pinch of pepper

## Bereiding

1. Cut the seitan into thin strips and sear briefly in a frying pan in a tablespoon of Amanprana coconut oil until the seitan turns a lovely brown colour.
2. Place the strips on a plate and set aside. Bring the water for the pasta to the boil, add a little salt and cook the pasta until al dente.
3. Wipe and slice the chanterelles.
4. Peel the onion and dice finely.
5. Thinly slice the garlic and sear in a little olive oil.
6. Return the cooled strips of seitan to the pan and cook for a second time, until crispy.
7. Add the chanterelle-and-onion mixture and sauté briefly.
8. Deglaze the pan with wine and vegetable stock and return to the boil.
9. Add 3 tablespoons of almond cream and leave to simmer.
10. Season to taste with fleur de sel and freshly-ground pepper.
11. Finely chop the parsley and chives and stir into the sauce.
12. Do not allow the sauce to boil.
13. Pour the sauce over the pasta and give it a final stir before serving hot. Bon appetit!