Recept geschikt voor: 4 personen | **Moeilijkheid:**
Voorbereidingstijd: 15 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 35 min

Bertyn producten:

Bron: bertyn.eu | Chef: Stefano Vicinoadio | © Stefano Vicinoadio

North German-style curly kale casserole with pieces of seitan

Ingrediënten

- 1kg fresh kale
- 1 onion
- 1 Veggie Protein Bloc
- Yeast free vegetable stock
- Fleur de Sel (Khoisan Fleur de Sel of Amanprana)
- Pepper
- 1tbsp Red Palm oil (Amanprana Red Palm oil)

Bereiding

1. Wash the kale thoroughly in a large bucket and remove the rough and large stems.
2. Then Peel the onion and cut into large cubes.
3. Now heat the red palm oil in a large sauce pan (7l or more), add the onion and fry lightly.
4. Then add the washed kale as well as the diced seitan.
5. Turn down the heat about 2/3 and put the lid on the pan.
6. Let it all simmer for about 10 to 15 minutes, stir and deglaze with 1 l of water.
7. Add 1.5 tablespoon yeast free vegetable stock and stir again.
8. Let it simmer on a small fire for approximately 1,5 hour, stirring regularly. Season with Fleur de Sel and pepper and serve with potatoes or rice.
9. Enjoy!