



Recept geschikt voor: 3 personen | **Moeilijkheid:** 🍳

Vorbereidingstijd: 1 min | **Bereidingstijd:** 14 min | **Totale bereiding:** 15 min

Bertyn producten: Instant Protein Veganmix – 3x 90g Seitanburger

Bron: bertyn.eu | Chef: [Serge Restiau](#) | © Serge Restiau

Protein-rich seitan appetiser slices

Ingrediënten

- 1 sachet Instant Protein Vegan Mix - 3x 90g Seitan Burger from Bertyn (150 g)
- 120 - 150 ml water
- 1 carrot
- 1 bell pepper
- 1 onion

Bereiding

1. Put the dry mixture in a large bowl.
2. Chop the vegetables very finely and add them to the dry seitan mix.
3. Then add 120 to 150 ml of water and mix to a smooth consistency.
4. Divide the seitan into 3 pieces and make 3 burgers out of these.
5. Lay the burgers in the pan, press them flat with a spatula and fry them on both sides in extra virgin olive oil.
6. Cut the hamburgers into slices and you'll have a delicious appetizer for serving on a platter!