



**Recept geschikt voor:** 5 personen | **Moeilijkheid:** 🍳  
**Vorbereidingstijd:** 1 min | **Bereidingstijd:** 21 min | **Totale bereiding:** 22 min  
**Bertyn producten:** [Instant Protein Veganmix - 3x 90g Seitanburger](#)

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

## Protein-rich balls in tomato sauce, the best ever

### Ingrediënten

- [1 sachet Instant Protein Vegan Mix - 3x 90g Seitan Burger from Bertyn \(150 g\)](#)
- 120 - 150 ml water
- 2 tablespoons freshly chopped flat-leaf parsley
- 1 tablespoon finely chopped raw onion

## Bereiding

1. Put the contents of the sachet in a bowl, add the flat-leaf parsley and onion.
2. Mix well, then add 120 - 150 ml of water
3. Knead it briefly until you have a ball of dough.
4. Divide the dough into 6 to 7 balls (do not knead!) the fry them in extra virgin olive oil in a pan on low heat.
5. Make sure they brown nicely on all sides.
6. Add your favourite tomato sauce (or sauce of your choice) and let the balls cook through in the sauce.
7. Garnish with flat-leaf parsley.

Bon appétit!