



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳

Vorbereidingstijd: 10 min | **Bereidingstijd:** 10 min | **Totale bereiding:** 20 min

Bertyn producten: [Teriyaki Protein Tops](#)

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

Vegan pasta recipe with seitan, onion and white wine sauce, and yeast flakes for a cheese flavour.

Ingrediënten

- 500 g Pasta
- Teriyaki Protein Tops
- 2 Cloves of garlic
- 1 Large onion
- 200 mL White wine (choose vegan white wine)
- 1 pinch Fleur de sel (Khoisan fleur de sel)
- 1 pinch Black pepper
- ½ tsp Seasoning (Amanprana ORAC Botanico mix, spicy)
- 3 tbsp Olive oil (Amanprana Verde Salud)
- 2 tbsp Sunflower seeds
- 1 tbsp Yeast flakes

Bereiding

1. Place sunflower seeds and yeast flakes in a 2:1 ratio in a blender.
2. Add one large pinch each of fleur de sel and pepper and combine until you have vegan cheese, ready for sprinkling.
3. Boil the pasta in a large quantity of salted water until 'al dente'. Peel the garlic and onion and chop finely.
4. Heat 2-3 tablespoons of olive oil in a frying pan and fry the garlic and onion over a high heat until golden brown.
5. Add the seitan and sear briefly.
6. Deglaze the pan with the white wine and simmer for a few minutes.
7. Remove the mixture from the heat and flavour with fleur de sel, black pepper and the seasoning mix.
8. Pour the seitan and onion sauce over the pasta and sprinkle the yeast flake and sunflower seed mixture over the top.
9. Serve immediately. Bon appetit!