



Recept geschikt voor: 3 stuks | **Moeilijkheid:** 🍳
Vorbereidingstijd: 1 min | **Bereidingstijd:** 8 min | **Totale bereiding:** 9 min
Bertyn producten: [Instant Protein Veganmix](#) – 3x 90g Seitanburger

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

3 homemade vegan protein-rich burgers in just 60 seconds!

Ingrediënten

- [1 sachet Instant Protein Vegan Mix - 3x 90g Seitan Burger from Bertyn \(150 g\)](#)
- 120 - 150 ml water

Bereiding

1. Put the instant protein vegan mix in a large bowl.
2. Add 120 to 150 ml of water and mix it into a smooth consistency.
3. Divide the seitan into 3 pieces and make them into 3 burgers.
4. Lay the burgers in the pan, press them flat with a spatula and fry them on both sides in extra virgin olive oil.