



Recept geschikt voor: 2 personen | **Moeilijkheid:** 🍳 🍳
Vorbereidingstijd: 10 min | **Bereidingstijd:** 15 min | **Totale bereiding:** 25 min

Bertyn producten: Veggie Protein Steak - Spelt

Bron: bertyn.eu | Chef: | ©

Vegan steak with pepper cream sauce and fries

Ingrediënten

- 1 pack of Veggie Protein Steak - spelt
- Plant-based butter (to cook the steak in)
- 250 grams of sweet potato
- Enough extra virgin coconut oil for frying
- 120 ml soy cream
- 100 ml vegan broth
- 25 grams of plant-based butter
- 20 grams of flour
- 1 scallion (only the green part)
- 1 tsp black pepper (peppercorns)

Bereiding

1. Peel the sweet potatoes and cut into French fries. Cut the spring onion into thin rings. In the meantime, heat up the extra virgin coconut oil melt in a saucepan and let it melt completely. (If you want to use a fryer you will need about 3-4 liters of coconut oil).
2. Heat a pan with a dash of plant-based butter and cook the seitan steaks for approx. 5 minutes on each side. In the meantime, put the fries in the melted coconut oil and fry until they are golden brown. This usually takes around 7-8 minutes.
3. While the seitan steak is cooking (don't forget to turn it over) and the fries are frying, heat up the plant-based butter in another pan. Caramelize the spring onions lightly.
4. Add the flour to the spring onions and butter. Stir well until the mixture is light brown.
5. Add the broth and bring to the boil. Crush the peppercorns with a mortar and pestle. Add to the sauce. Cook the sauce over a low heat to a smooth sauce. Lastly, add the whipped soy cream and stir well.
6. Remove the fries from the coconut oil and let them drain on some paper towels before you divide them onto the two plates.
7. Remove the vegan seitan steak from the pan and place it on the plate.
8. Pour some of the vegan pepper cream sauce over the steak. Plate the fries next to the steak. Voila! A classic steak with a vegan twist.

Want to go all the way? In Belgium, we usually eat our fries with mayonnaise. Check out this recipe for [vegan mayonnaise](#).