



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

**Vorbereidingstijd:** 25 min | **Bereidingstijd:** 35 min | **Totale bereiding:** 60 min

**Bertyn producten:** Veggie Protein Steak - Spelt

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

# Vegetarian fish recipe made from seitan with potatoes fried in parsley

## Ingrediënten

- 4 Veggie Protein Steak – Spelt
- 4 sheets of nori (dried seaweed)
- 1 kg firm-boiling potatoes
- 1 bunch parsley
- 100 g coconut oil ([Amanprana](#))
- A pinch of fleur de sel ([Amanprana](#))
- A pinch of pepper

### Ingredients for the marinade

- 200 ml white wine
- 200 ml olive oil ([Amanprana Verde Salud](#))
- 4 tbsp soy sauce
- 2 tsp seasoning mix ([Amanprana ORAC Botanico mix with chilli](#))
- A pinch of fleur de sel ([Amanprana](#))
- A pinch of pepper

- 4 BPA-free freezer bags

## Bereiding

1. Remove the seitan from its packaging and allow it to drain.
2. Place the white wine, olive oil, fleur de sel, pepper and seasoning mix in a blender and blend to form a marinade.
3. Cover the seitan with the marinade, together with the nori (for the fish flavour), and place in the BPA-free freezer bags.
4. Pour the rest of the marinade equally into the freezer bags, squeeze out the air and seal.
5. Bring a large pot of water to the boil and place the bags of marinated seitan and the potatoes in the water.
6. Boil the bags and the potatoes for about 20 minutes.
7. Take the bags out of the water and leave to cool a little.
8. Drain the potatoes, rinse with cold water, peel and cut into quarters.
9. Fry the potatoes in a generous quantity of coconut oil and add a little fleur de sel and pepper.
10. Meanwhile, finely chop the parsley and add to the potatoes.
11. Keep the potatoes warm.
12. Remove the fish (seitan) from the marinade and pat dry with kitchen paper.
13. Heat a grill pan, grease with oil and grill the fish briefly on both sides, until you see the typical grill stripes.
14. Sprinkle a little pepper and seasoning mix on the seitan if desired, pour some liquid coconut oil over the top, and serve with the potatoes fried in parsley which you've been keeping warm. Bon appetit!