



**Recept geschikt voor:** 25 porties | **Moeilijkheid:** 🍳 🍳

**Vorbereidingstijd:** 10 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 30 min

**Bertyn producten:** Veggie Protein Bloc - Natur Veggie Protein Bloc - Spelt Veggie Protein Bloc - Wheat

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

# Smoked pâté from seitan: vegetarian, high-protein and low-carb

## Ingrediënten

- 1 Veggie Protein Seitan - Bloc
- 1 Large onion
- 1 Clove of garlic
- 1 tbsp red Palm oil (Amanprana)
- 1 large tin Pinto beans
- 150 mL Olive oil (Amanprana Verde Salud)
- 2 tbsp Seasoning (Amanprana ORAC Botanico mix, spicy)
- 1 tsp Multicoloured peppercorns
- ½ tsp Nutmeg
- 5 g Chopped fresh parsley
- 1-2 tsp Fleur de sel (Amanprana)
- 2 tsp Yeast flakes
- 1 tsp Liquid smoke
- 100-200 g Wheat germ (Amanprana)

## Bereiding

1. Drain the seitan and cut into cubes.
2. Peel the onion and garlic and cut into cubes.
3. Pour the can of pinto beans into a colander and rinse with water.
4. Heat the red palm oil in a large frying pan and sear the seitan with the onion and garlic.
5. Add the pinto beans and heat everything thoroughly.
6. While this is heating, grind the spices with a pestle and mortar.
7. Place the remaining ingredients in a deep bowl and add the seitan, onion and garlic mixture.
8. Purée with a stick mixer until smooth and creamy. Season again with salt and pepper, then pack the mixture into one or two clean preserving jars, and pour oil over the top.
9. This will keep air away from the pâté, giving it a longer shelf life.
10. Leave the pâté in the fridge overnight and serve the following day on bread or toast.  
Bon appetit!