



**Recept geschikt voor:** 550 gram | **Moeilijkheid:** 🧑🍳 🧑🍳

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

# Sweet-and-sour mustard marinade recipe for seitan with coconut blossom sugar and balsamic vinegar

## Ingrediënten

- Veggie Protein Bloc
- 100 mL White wine (vegan)
- 1 Large onion
- 100 mL Olive oil (Amanprana Verde Salud)
- 4 tbsp Good-quality mustard (medium hot)
- 1 Organic lemon (juice and grated rind)
- 4-6 tbsp Coconut blossom sugar (Amanprana Gula Java Brut)
- A dash Balsamic vinegar
- 1 pinch Multicoloured peppercorns
- 1 pinch Fleur de sel (Amanprana)

## Bereiding

1. Peel the onion and chop into small cubes.
2. Fry the onion in a tablespoonful of olive oil over a high heat until the onion starts to brown.
3. Deglaze the onion with a dash of white wine and add the mustard and coconut blossom sugar.
4. Keep stirring until the coconut blossom sugar is completely dissolved.
5. Add the other ingredients, stirring continuously. Purée with a stick blender until frothy and flavour with balsamic vinegar, multicoloured peppercorns and fleur de sel.
6. Thickly coat the seitan with the marinade and place in the fridge for one hour, so that the mustard marinade and the sweet-and-sour flavours penetrate and are absorbed by the seitan.
7. When the marinade has soaked in well on both sides of the seitan, fry for about 5 minutes until the seitan forms a nice brown crust. Bon appetit!