



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

Vorbereidingstijd: 25 min | **Bereidingstijd:** 25 min | **Totale bereiding:** 50 min

Bertyn producten: [Veggie Protein Bloc - Natur](#) [Veggie Protein Bloc - Spelt](#) [Veggie Protein Bloc - Wheat](#)

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

Raw gazpacho soup with watercress and seitan carpaccio

Ingrediënten

- 100 g Veggie Protein Bloc
- 6 quartered tomatoes
- 1 small courgette
- 1 red pepper
- 2 cloves of garlic
- 1 spring onion
- 1 cup of water
- 1 tbsp [coconut blossom sugar \(Amanprana Gula Java Brut\)](#)
- 2 tbsp yeast flakes
- 0.5 tsp [herb mix \(Amanprana ORAC Botanico mix\)](#)
- 2 tsp paprika
- 5 tbsp watercress
- 1 small onion
- 4 tbsp [walnut oil \(Amanprana Perigord extra virgin olive oil\)](#)

- 1 small red chilli pepper

Bereiding

1. Slice the Tamari Seitan extremely thinly, drizzle with lemon juice and walnut oil and add salt and pepper.
2. Clean the watercress and the onions.
3. Peel the garlic and puree for 3 minutes in a blender together with the tomatoes, courgette, pepper, spring onion, water, coconut blossom sugar, yeast flakes, sweet paprika powder and the chilli pepper.
4. Then mix in the watercress and onion and serve lukewarm together with the seitan carpaccio. Enjoy!