



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

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

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

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

# Baba Ganoush soup with aubergine and fried seitan

## Ingrediënten

- 2 Veggie Protein Steaks
- 2 aubergines
- 150 ml lemon juice
- 100 ml tahini
- 2 cloves of garlic
- 3 tbsp olive oil ([Amanprana Verde Salud](#))
- 1 tsp [Fleur de sel \(Amanprana\)](#)
- 1 tsp pepper
- 1.5 l vegetable bouillon
- 1 bundle of flat-leaved parsley

## Bereiding

1. Preheat the oven to 250 °C.
2. In the mean time, halve the aubergines, make criss-cross incisions in them and rub in with olive oil. Season them with fleur de sel and pepper and cook in the oven for around 40 minutes.
3. Remove from the oven and scoop out the flesh.
4. Puree it together with the vegetable bouillon and the other ingredients.
5. Peel the garlic, cut it finely and cook it in some olive oil until it turns golden.
6. Cut the seitan into strips and add, frying until they are slightly crispy.
7. Serve the soup with sprigs of parsley, lemon juice and the seitan strips. Enjoy!!