



Recept geschikt voor: 4 personen | **Moeilijkheid:** 👨‍🍳 👩‍🍳
Vorbereidingstijd: 15 min | **Bereidingstijd:** 5 min | **Totale bereiding:** 20 min

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

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

Vegetarian seitan carpaccio with soy sauce and wasabi marinade

Ingrediënten

- 1 Veggie Protein Bloc - Wheat
- [A pinch of fleur de sel \(Amanprana\)](#)
- A pinch of pepper
- 1 tsp lemon juice
- 1 bunch flat leaf parsley
- 1 tbsp extra virgin olive oil ([Amanprana Hermanos Catalan](#))
- 1 tbsp walnut oil ([Amanprana Perigord walnut oil](#))
- 1 tsp seasoning mix ([Amanprana Orac Botanico seasoning mix with chilli](#))
- 1 tsp soy sauce
- 1 tsp wasabi
- 2 tbsp white wine

Bereiding

1. Cut the seitan into wafer-thin slices with a meat slicer or a sharp knife and arrange these on four plates.
2. Add fleur de sel and pepper and drizzle a little lemon juice over the slices.
3. Coarsely chop the parsley and use to garnish the plates.
4. Combine the olive oil, walnut oil, seasoning mix, soy sauce, wasabi, fleur de sel, pepper and white wine to make a marinade.
5. Pour generously over the seitan and flat leaf parsley and serve immediately, while the seitan is still cold. Bon appetit!