



Recept geschikt voor: 3 stuks | **Moeilijkheid:** 🍳
Vorbereidingstijd: 1 min | **Bereidingstijd:** 10 min | **Totale bereiding:** 11 min
Bertyn producten: [Instant Protein Veganmix - 3x 90g Seitanburger](#)

Bron: bertyn.eu | Chef: [Serge Restiau](#) | © Serge Restiau

Homemade protein-rich sausage to go with sauerkraut and mashed potatoes

Ingrediënten

- [1 sachet Instant Protein Vegan Mix - 3x 90g Seitan Burger from Bertyn \(150 g\)](#)
- 120 ml water
- 2 tsps smoked paprika powder
- 1 packet of sauerkraut

- 300 g potatoes for mashed potatoes
- Mustard

Bereiding

1. Make the seitan mix for the burgers as shown on the packaging.
2. Put the mixture in a bowl, add the smoked paprika.
3. Add 120 à 150 ml of water and mix well.
4. Roll out a sausage from the mixture.
5. Put the sausage into a pan and fry it in extra virgin olive oil until brown on all sides.
6. In the meantime, heat the sauerkraut and serve with mashed potatoes.
7. Delicious with mustard or between a bread roll.