



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

Vorbereidingstijd: 45 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 65 min

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

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

Marinated seitan with fennel seeds, mustard, coconut blossom sugar and walnut oil

Ingrediënten

- 4 Veggie Protein Steaks – Spelt
- 1 Dried chilli
- 2 tsp Fleur de sel ([Khoisan fleur de sel](#))
- 4 tsp Fennel seeds
- 4 tbsp Dijon mustard
- 2 tbsp Coconut blossom sugar ([Amanprana Gula Java Brut](#))
- 6 tbsp Walnut oil ([Amanprana Perigord](#))

Bereiding

1. Mix the Dijon mustard with the coconut blossom sugar and set aside.
2. Finely crumble the dried chilli, add the salt and grind with a pestle and mortar.
3. Add the fennel seeds and grind briefly. Add the mustard and oil to this mixture and combine to make a creamy sauce.
4. Remove the seitan from its packaging and pat dry with a paper towel.
5. Coat the seitan with the mustard and fennel sauce, cover, and leave for 30 minutes in the fridge to allow the seitan to absorb the sauce.
6. Lay the seitan steaks on a narrow grill or in a grilling basket and cook for 10 to 15 minutes, about 10 cm from the flame.
7. Turn once during that time.
8. Serve immediately, while hot. Bon appetit!