



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

Vorbereidingstijd: 15 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 45 min

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

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

Grandma's potato soup with seitan fried in red palm oil

Ingrediënten

- 100 g seitan, cubed and marinated in liquid smoke (Veggie Protein Bloc)
- 700 g potatoes
- 1.5 l vegetable bouillon
- 2 medium-sized onions
- 2 carrots
- 2 celery stalks
- Freshly milled black pepper
- Fleur de sel (Amanprana)
- Herb mix (Amanprana ORAC Botanico Mix)
- 5 sprigs of chopped parsley
- 1 tbsp red palm oil (Amanprana)

Bereiding

1. Peel, wash and cube the potatoes and repeat with the carrots and celery.
2. Bring the vegetable bouillon to the boil and add the prepared vegetables.
3. Cook gently for around 25 minutes until ready.
4. In the meantime clean the onions, dice and fry together with the seitan in the red palm oil.
5. Briefly puree the vegetable bouillon and add the seitan and fried onion and leek.
6. Mix well and season with a little fleur de sel, pepper and some herb mix.
7. Just before serving, scatter parsley on top. Bon appétit!