



**Recept geschikt voor:** 1 personen | **Moeilijkheid:** 🍳 🍳  
**Vorbereidingstijd:** 0 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 30 min

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

Bron: [bertyn.eu](http://bertyn.eu) | Chef: [Chantal Voets](#) | © Chantal Voets

# quesadilla with Manitoba Seitan and Grilled Courgette

## Ingrediënten

- 1 small courgette
- 2 wrap tortillas
- 1 generous spoonful olive tapenade or red pesto
- 1 small tomato
- 1 ball mozzarella or 50 g grated cured cheese
- Pinch of ground chilli or [Orac Botanico mix spicy \(Amanprana\)](#)
- extra virgin olive oil, [Verde Salud \(Amanprana\)](#)
- 1 Veggie Protein Bloc - Wheat
- [Fleur de sel \(Amanprana\)](#)

# Bereiding

## How to turn your tortilla into a quesadilla ...

1. Thinly slice the courgette lengthwise.
2. Sprinkle the slices with a little Fleur de sel, coat with olive oil, and fry in a hot grill pan for a couple of minutes until golden brown.
3. Spread a spoonful of tapenade or pesto over the tortilla and place the fried courgette on top.
4. Cut the seitan into thin slices and fry them evenly in the pan in a little olive oil, then lay them on top of the courgette.
5. Cover with thin slices of tomato and the cheese of your choice.
6. Sprinkle over a pinch of Orac Botanico mix spicy and place the other tortilla on top.
7. Grease the frying pan by rubbing a little olive oil over it with a paper towel.
8. Place the frying pan on the element and fry the quesadilla for a couple of minutes, until light brown.
9. Use a plate or lid to help you turn the quesadilla over, and cook until the other side is also light brown.
10. Cut the quesadilla into 8 pieces.

**Delicious with a salad or as an appetiser.**