



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

Vorbereidingstijd: 0 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 30 min

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

Bron: bertyn.eu | Chef: [Miki Duerinck en Kristin Leybaert](#) | © Miki Duerinck en Kristin Leybaert

Seitan skewer in hazelnut batter

Ingrediënten

- 200g Veggie Protein Seitan
- 1 tablespoon soya sauce
- 100g parsnip
- 100g pumpkin flesh
- 100g buckwheat flour
- 2dl water
- 60g hazelnuts
- Salt and pepper
- Coconutoil for frying, [Kokovita](#)

Bereiding

1. Slice the seitan into cubes and drizzle the soya sauce over them. Season with pepper and stir in the seitan.
2. Peel the parsnip and pumpkin and cut into cubes.
3. Make 4 skewers by alternating the seitan, parsnip and pumpkin cubes.
4. Mix the buckwheat flour with the water, salt and pepper.
5. Finely grind the hazelnuts and mix them into the buckwheat batter.
6. Preheat the frying oil to 170°C.
7. Baste the skewers with the mixture so that they are nicely coated on all sides.
8. Place the basket in the chip pan and put the skewers straight into the frying oil. Fry the skewers until they are golden brown.