



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

Vorbereidingstijd: 20 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 50 min

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

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

Protein-rich chickpea soup with grilled seitan and cherry tomatoes

Ingrediënten

- 200 g Veggie Protein Bloc - Spelt
- 200 g precooked chickpeas
- 1 onion
- 1 clove of garlic
- 400 ml vegetable bouillon
- 200 g cashew nuts
- 1 tbsp lemon juice
- Fleur de sel
- Black pepper
- Nutmeg
- 1 tbsp coconut oil (Amanprana)
- 10 cherry tomatoes

Bereiding

1. Cube the seitan and season it with a little fleur de sel and pepper.
2. Halve the cherry tomatoes and place them together with the seitan under the grill or in a pan.
3. Dice the onion and peeled garlic and fry briefly in a pan with hot coconut oil.
4. Add the chickpeas and top up with a little bouillon.
5. Let boil briefly and then add the cashew nuts and lemon juice.
6. Puree the soup and season with a little fleur de sel and nutmeg.
7. Add the grilled cherry tomatoes and seitan just before serving.