



Recept geschikt voor: 4 personen | **Moeilijkheid:** 👩🍳 👨🍳
Vorbereidingstijd: 10 min | **Bereidingstijd:** 10 min | **Totale bereiding:** 20 min

Bertyn producten: [Veggie Chili Protein Tops](#)

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

Summery spring roll recipe with seitan, cucumber and black sesame seeds

Ingrediënten

- 1 Veggie Chili Protein Tops
- 1 courgette
- 200 g cucumber
- 2 bundles of flat-leaf parsley
- 12 mint leaves
- 12 sheets of rice paper
- 12 tsp fried onion
- 12 tsp sweet and sour sauce
- Black sesame seeds

Bereiding

1. To make summery spring rolls, first clean the vegetables then cut into small slices and chop up the parsley and mint.
2. Separate the rice sheets and moisten with lukewarm water so that they swell.
3. Then place them on a moist surface and coat with sweet and sour sauce.
4. Then distribute the ingredients onto the sheets.
5. Fold up the sides and carefully roll the sheets up.
6. Repeat with the other spring rolls.
7. When serving, scatter black sesame seeds over the rolls.
8. These delicious fresh and summery spring rolls with seitan, cucumber and sesame seed go best with soya sauce and sweet chilli sauce as dips. Enjoy!