



Recept geschikt voor: 12 stuks | **Moeilijkheid:** 🍳
Vorbereidingstijd: 10 min | **Bereidingstijd:** 10 min | **Totale bereiding:** 20 min

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

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

Vegetarian Chicken Fingers

Ingrediënten

- Pepper
- [Fleur de sel](#) (sea salt) or 4-Algae Botanico Spice Mix (Amanprana)
- 2 tablespoons paprika
- 100 g corn starch
- 6 to 8 tablespoons of water
- 150 g wholemeal breadcrumbs
- 550 g Veggie Protein Bloc - Natur
- Coconut oil

Bereiding

1. Mix the pepper, fleur de sel or 4-Algae spice mix, paprika and corn starch.
2. Add water until you get a firm paste.
3. Put the breadcrumbs in a bowl or a soup plate.
4. Cut the seitan into thick slices of about 2 centimeters thick.
5. Then the seitan into cut strips (fingers) with a width of about 2 centimeters.
6. Pat the seitan dry.
7. First dip the 'fingers' in the starch-spice mixture and then in the breadcrumbs.
8. Press dry ingredients into the seitan well and let it sit in the fridge for 30 minutes.
9. Heat olive oil in a pan and fry the breaded seitan strips in it until they are golden brown.
If you want to fry them, use coconut oil.