



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳
Vorbereidingstijd: 10 min | **Bereidingstijd:** 15 min | **Totale bereiding:** 25 min

Bertyn producten: [Veggie Mince](#)

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

Recipe for vegetarian meatballs made from seitan mince

Ingrediënten

- 1 Veggie Mince
- 25 g binder (cornflour, potato flour or kuzu) mixed with 70 mL water
- spices
- a large dash of olive oil
- 150g breadcrumbs

Bereiding

1. In a large bowl, separate the mince using your hands.
2. Add the binder of your choice and the nutmeg.
3. Squeeze the mixture into small, firm balls, roll them in the breadcrumbs and fry over a high heat with a generous dash of oil.
4. Fry until the balls form a crust. Drain well.