



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳
Vorbereidingstijd: 20 min | **Bereidingstijd:** 20 min | **Totale bereiding:** 40 min

Bertyn producten:

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

Delicious vegetable soup with seitan and carrot tagliatelle

Ingrediënten

- 100 g Veggie Protein Bloc, cut into fine strips
- 500 g large carrots
- 1.5 l vegetable bouillon (without yeast)
- 1 onion
- 2 cloves of garlic
- 1 tsp fleur de sel (Amanprana Khoisan fleur de sel)
- Freshly ground pepper
- Herb mix (Amanprana ORAC Botanico mix)
- Oil (Amanprana Cocos + Olive + Red Palm)

Bereiding

1. Peel and wash the carrots, then use a peeler to cut them into tagliatelle shapes.
2. Peel and cube the onions and garlic and fry in a pan with a little oil.
3. After a few minutes, add the seitan and continue frying.
4. Douse with vegetable bouillon and bring to the boil.
5. Cook the carrots in the bouillon until they are al dente and season the dish with some fleur de sel, pepper and herbs