



Plant-Based Crumbed Chick'n

with Herby Fries & Pear Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato Fries



Garlic & Herb Seasoning



Plant-Based Crumbed Chicken



Carrot



Pear



Spinach & Rocket Mix



Pepitas



Plant-Based Smokey Aioli



Plant-Based Crumbed Chicken

Prep in: 15-25 mins
Ready in: 25-35 mins

Plant Based

Want a plant-based substitute for chicken that looks, cooks and tastes a lot like the real thing? Our crumbed chick'n is it! The tenders work wonderfully with the plant-based aioli - which is tasty for the whole family to enjoy.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
plant-based crumbed chicken	1 packet	2 packets
carrot	1	2
pear	1	2
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 small bag	1 medium bag
pepitas	1 medium packet	1 large packet
plant-based smokey aioli (50g)	1 packet	2 packets (100g)
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2951kJ (705Cal)	627kJ (150Cal)
Protein (g)	23g	4.9g
Fat, total (g)	38.8g	8.2g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	60.8g	12.9g
- sugars (g)	12.7g	2.7g
Sodium (mg)	1409mg	299mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4194kJ (1002Cal)	722kJ (173Cal)
Protein (g)	36.5g	6.3g
Fat, total (g)	56.4g	9.7g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	80.2g	13.8g
- sugars (g)	13.7g	2.4g
Sodium (mg)	2261mg	389mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the herby fries

- Preheat oven to **240°C/220°C fan-forced**.
- Spread **potato fries** over a large microwave-safe plate. Cover with a damp paper towel. Microwave on high, **4 minutes**. Drain any excess liquid.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

3



Make the salad

- Meanwhile, grate **carrot**. Thinly slice **pear**.
- Combine a drizzle of the **balsamic vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**.
- Add **spinach & rocket mix**, **carrot** and **pear**. Toss to coat.

2



Cook the chick'n

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat, with enough **olive oil** to coat the base.
- When oil is hot, cook **plant-based crumbed chicken** until golden and heated through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook chick'n in batches for best results.

4



Serve up

- Divide plant-based crumbed chick'n, herby fries and pear salad between plates.
- Sprinkle salad with **pepitas**. Serve with **plant-based smokey aioli**. Enjoy!

Rate your recipe

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