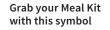


# Plant-Based Crumbed Chick'n

with Herby Fries & Pear Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Seasoning



Crumbed Chicken



Carrot









Pepitas



Smokey Aioli



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.



# 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  $\cdot$  Large frying pan

## Ingredients

3				
	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	1 packet (50g)	2 packets (100g)		
plant-based crumbed chicken**	1 packet	2 packets		

<sup>\*</sup>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)	<b>722kJ</b> (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.



# 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.



#### 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.



#### 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.



# 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!



Scan here if you have any questions or concerns

