



Plant-Based Chick'n Tenders & Cucumber Slaw

with Herby Wedges & Smokey 'Aioli'

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Cucumber



Apple



Slaw Mix



Plant-Based Smokey Aioli



Plant-Based Crumbed Chicken



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 35-45 mins

Plant Based

If you haven't tried our plant-based crumbed 'chicken' tenders yet, prepare to be more than satisfied! They get lovely and golden in the pan and pair perfectly with the subtly sweet and tart slaw, plus our signature wedges.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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	2	4
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
cucumber	1	2
apple	½	1
slaw mix	1 small bag	1 large bag
vinegar* (white wine or rice wine)	drizzle	drizzle
plant-based smokey aioli (100g)	2 packets	4 packets (200g)
plant-based crumbed chicken	1 packet	2 packets
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3113kJ (744Cal)	574kJ (137Cal)
Protein (g)	20.9g	3.9g
Fat, total (g)	48.4g	8.9g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	52.9g	9.8g
- sugars (g)	13.1g	2.4g
Sodium (mg)	1548mg	286mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4356kJ (1041Cal)	668kJ (160Cal)
Protein (g)	34.4g	5.3g
Fat, total (g)	66g	10.1g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	72.3g	11.1g
- sugars (g)	14g	2.1g
Sodium (mg)	2401mg	368mg

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](https://www.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 wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

3



Cook the plant-based chick'n

- When wedges have **10 minutes** remaining, in a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

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

2



Make the slaw

- Meanwhile, thinly slice **cucumber** into half-moons.
- Thinly slice **apple** (see ingredients) into wedges.
- In a large bowl, combine **cucumber**, **apple**, **slaw mix**, a drizzle of the **vinegar** and half the **plant-based smokey aioli**. Season to taste.

4



Serve up

- Divide plant-based chick'n tenders, cucumber slaw and herby wedges between plates.
- Serve with remaining plant-based smokey aioli. Enjoy!

Rate your recipe

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