



Quick-Prep Plant-Based Chick'n Tenders

with Herby Pre-Cut Fries & Smokey 'Aioli' Slaw

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato Fries



Garlic & Herb Seasoning



Plant-Based Crumbed Chicken



Cucumber



Slaw Mix



Baby Spinach Leaves



Plant-Based Smokey Aioli



Plant-Based Crumbed Chicken

Prep in: 10-20 mins
Ready in: 25-35 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 fries	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
plant-based crumbed chicken	1 packet	2 packets
cucumber	1	2
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 small bag	1 medium 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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3162kJ (756Cal)	593kJ (142Cal)
Protein (g)	21.2g	4g
Fat, total (g)	48.4g	9.1g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	54.5g	10.2g
- sugars (g)	8.3g	1.6g
Sodium (mg)	1557mg	292mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4405kJ (1053Cal)	685kJ (164Cal)
Protein (g)	34.8g	5.4g
Fat, total (g)	66g	10.3g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	73.9g	11.5g
- sugars (g)	9.3g	1.4g
Sodium (mg)	2410mg	375mg

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** 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 fries between two trays.

3



Assemble the slaw

- Meanwhile, thinly slice **cucumber** into rounds.
- In a large bowl, combine **cucumber**, **slaw mix**, **baby spinach leaves**, a drizzle of **vinegar** and half the **plant-based smokey aioli**. Season.

2



Cook the chick'n

- When fries 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 chick'n, cook in batches for the best results.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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