

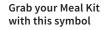
# Plant-Based Chick'n & Herby Wedges

with Apple Salad & Creamy Pesto Sauce

CUSTOMER FAVOURITE

**EXPLORER** 

CLIMATE SUPERSTAR







Sweet Potato



Seasoning



Apple



Carrot



Mixed Salad



Leaves



Plant-Based



Crumbed Chicken

Parsley

Plant-Based Mayonnaise

**Basil Pesto** 





Flaked Almonds





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

Who says eating plant-based is boring? It's time to get excited for our crumbed chick'n – we've paired it with herby baked wedges and an apple salad for maximum flavour and fun. Don't forget the creamy pesto sauce for dipping!



Plant-Based

**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  $\cdot$  Large frying pan

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
garlic & herb seasoning	1 medium packet	1 large packet		
apple	1	2		
carrot	1	2		
balsamic vinegar*	drizzle	drizzle		
mixed salad leaves	1 small bag	1 medium bag		
plant-based mayonnaise	1 packet (50g)	2 packets (100g)		
plant-based basil pesto	1 medium packet	1 large packet		
plant-based crumbed chicken	1 packet	2 packets		
flaked almonds	1 medium packet	1 large packet		
parsley	1 bag	1 bag		
plant-based crumbed chicken**	1 packet	2 packets		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3459kJ (827Cal)	642kJ (153Cal)
Protein (g)	21.7g	4g
Fat, total (g)	55.3g	10.3g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	58.9g	10.9g
- sugars (g)	17.8g	3.3g
Sodium (mg)	1493mg	277mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4702kJ (1124Cal)	724kJ (173Cal)
Protein (g)	35.2g	5.4g
Fat, total (g)	72.9g	11.2g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	78.2g	12g
- sugars (g)	18.7g	2.9g
Sodium (mg)	2346mg	361mg

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





# Bake the wedges

- Preheat oven to 240°C/220°C fan-forced. Cut sweet potato into wedges.
- Spread wedges over a large microwave-safe plate. Cover with a damp paper towel. Microwave wedges on high, 4 minutes.
- Drain any excess liquid, then place wedges on a lined oven tray. Drizzle with olive oil, sprinkle with garlic & herb seasoning, season with salt and toss to coat.
- Spread out evenly, then bake until golden and tender, **12-15 minutes**.

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



# Cook the chick'n

- When wedges have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- 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 chick'n in batches for the best results.



# Get prepped

- Meanwhile, thinly slice **apple** into wedges.
- Grate carrot.
- In a medium bowl, combine a drizzle of the balsamic vinegar and olive oil.
  Season, then add apple, carrot and mixed salad leaves. Set aside.
- In a small bowl, combine plant-based mayonnaise and plant-based basil pesto.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



# Serve up

- Toss salad to combine.
- Divide plant-based chick'n, apple salad and herby wedges between plates.
- Spoon creamy pesto sauce over chick'n and wedges.
- Sprinkle with **flaked almonds**. Tear over **parsley** leaves to serve. Enjoy!

## Rate your recipe