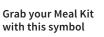


Quick Plant-Based Chick'n & Herby Fries with Apple Salad & Creamy Pesto Sauce

EXPLORER

CLIMATE SUPERSTAR









Seasoning









Balsamic Vinaigrette Dressing

Mixed Salad Leaves







Plant-Based Mayonnaise

Plant-Based Basil Pesto





Plant-Based Crumbed Chicken

Flaked Almonds





Parsley

Prep in: 10-20 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 fries and an apple salad for maximum flavour and fun. Don't forget the creamy pesto sauce for dipping!



Plant Based

Pantry items Olive Oil

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

9				
	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 packet	1 large packet		
apple	1	2		
carrot	1	2		
balsamic vinaigrette dressing	1 packet	2 packets		
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		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3676kJ (879Cal)	722kJ (173Cal)
Protein (g)	22.2g	4.4g
Fat, total (g)	59.4g	11.7g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	60.4g	11.9g
- sugars (g)	13.7g	2.7g
Sodium (mg)	1610mg	316mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4919kJ (1176Cal)	795kJ (190Cal)
Protein (g)	35.7g	5.8g
Fat, total (g)	77g	12.4g
- saturated (g)	6.1g	1g
Carbohydrate (g)	79.8g	12.9g
- sugars (g)	14.7g	2.4g
Sodium (mg)	2462mg	398mg

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 herby 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, season with salt and toss to coat.
- Bake fries, until golden and tender, 20-25 minutes.

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



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.
- 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 balsamic vinaigrette dressing, 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 (slice if preferred), apple salad and herby fries between plates.
- Spoon creamy pesto sauce over chick'n and wedges.
- Sprinkle with **flaked almonds**. Tear over **parsley** leaves to serve. Enjoy!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate