



# Quick Plant-Based Chick'n & Herby Fries

with Apple Salad & Creamy Pesto Sauce

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato Fries



Garlic & Herb Seasoning



Apple



Carrot



Balsamic Vinaigrette Dressing



Mixed Salad Leaves



Plant-Based Mayonnaise



Plant-Based Basil Pesto



Plant-Based Crumbed Chicken



Flaked Almonds



Parsley



Plant-Based Crumbed Chicken

Prep in: 10-20 mins  
Ready in: 25-35 mins

Plant Based

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!

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

### 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

	2 People	4 People
<b>olive oil*</b>	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](https://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



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## 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.

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## 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.

2



## 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.

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## 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!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)