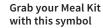


# Plant-Based Chick'n Tenders & Cucumber Slaw

with Herby Wedges & Smokey 'Aioli'

EXPLORER











Seasoning



Cucumber







Smokey Aioli



Crumbed Chicken





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

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.



**Plant Based** 

#### 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	1 large sachet
cucumber	1	2
apple	1/2	1
slaw mix	1 small bag	1 large bag
vinegar* (white wine or rice wine)	drizzle	drizzle
plant-based smokey aioli	2 packets (100g)	4 packets (200g)
plant-based crumbed chicken	1 packet	2 packets
plant-based crumbed chicken**	1 packet	2 packets
plant-based smokey aioli plant-based crumbed chicken plant-based crumbed	(100g) 1 packet 1 packet	(200g) 2 packets

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

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3113kJ (744Cal)	<b>574kJ</b> (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 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.



# 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.



#### 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.



# Serve up

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



Scan here if you have any questions or concerns

