



Plant-Based Chick'n Tenders & Cucumber Slaw with Herby Fries & 'Aioli'

EXPLORER

Grab your Meal Kit with this symbol



Potato Fries



Garlic & Herb Seasoning



Cucumber



Apple



Slaw Mix



Mustard Cider Dressing



Plant-Based Smokey Aioli



Plant-Based Crumbed Chicken



Pork, Garlic & Herb Sausages

Prep in: 15-25 mins
Ready in: 30-40 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.

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
olive oil*	refer to method	refer to method
potato fries	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
cucumber	1	2
apple	½	1
slaw mix	1 small bag	1 large bag
mustard cider dressing	1 packet	2 packets
plant-based smokey aioli	2 packets (100g)	4 packets (200g)
plant-based crumbed chicken	1 packet	2 packets
pork, garlic & herb sausages**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3442kJ (823Cal)	613kJ (147Cal)
Protein (g)	21g	3.7g
Fat, total (g)	54.1g	9.6g
- saturated (g)	4g	0.7g
Carbohydrate (g)	58.7g	10.5g
- sugars (g)	12.4g	2.2g
Sodium (mg)	1756mg	313mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3641kJ (870Cal)	605kJ (145Cal)
Protein (g)	26.6g	4.4g
Fat, total (g)	63.8g	10.6g
- saturated (g)	12.9g	2.1g
Carbohydrate (g)	45.6g	7.6g
- sugars (g)	12g	2g
Sodium (mg)	1391mg	231mg

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



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 wedges between two trays.

3



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 swapped to pork, garlic & herb sausages, in a large frying pan, heat a small drizzle of olive oil over medium heat. Cook pork sausages, turning occasionally, until browned and cooked through, 10-12 minutes.

2



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**, **mustard cider dressing** and half the **plant-based smokey aioli**. Season to taste.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate