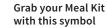


Plant-Based Chick'n Tenders & Cucumber Slaw

with Herby Fries & 'Aioli'

EXPLORER











Seasoning



Cucumber



Apple



Slaw Mix



Mustard Cider

Dressing





Plant-Based Smokey Aioli



Crumbed Chicken





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.

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 bag	1 large bag	
garlic & herb seasoning	1 medium sachet	1 large sachet	
cucumber	1	2	
apple	1/2	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.



Scan here if you have any questions or concerns





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.



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.



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.



Serve up

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



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