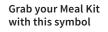


Plant-Based Chick'n & Sweet Chilli Mayo Salad

with Garlic Croutons & Flaked Almonds

ALTERNATIVE PROTEIN







Plant-Based Crumbed Chicken





Snacking Tomatoes





Bake-At-Home



Ciabatta



Sweet Chilli



Mayonnaise

Mixed Salad



Balsamic Vinaigrette



Dressing





Prep in: 10-20 mins Ready in: 15-25 mins

This one is coming in hot! Sweet chilli and mayo combine to make a firecracker salad that your plant-based chicken will happily soak up. With garlic croutons and flaked almonds for extra crunch, you've got flavours aplenty!



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

Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
plant-based crumbed chicken	1 packet	2 packets		
cucumber	1	2		
snacking tomatoes	1 packet	2 packets		
garlic	1 clove	2 cloves		
bake-at-home ciabatta	1	2		
plant-based mayonnaise	1 packet	2 packets		
sweet chilli sauce	1 small packet	1 medium packet		
mixed salad leaves	1 medium packet	1 large packet		
balsamic vinaigrette dressing	1 sachet	2 sachets		
flaked almonds	1 medium packet	1 large packet		
plant-based crumbed chicken**	1 packet	2 packets		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2939kJ (702Cal)	676kJ (162Cal)
Protein (g)	21.4g	4.9g
Fat, total (g)	43.1g	9.9g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	54.5g	12.5g
- sugars (g)	6.2g	1.4g
Sodium (mg)	1595mg	367mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4182kJ (1000Cal)	767kJ (183Cal)
Protein (g)	34.9g	6.4g
Fat, total (g)	60.7g	11.1g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	73.9g	13.6g
- sugars (g)	7.2g	1.3g
Sodium (mg)	2447mg	449mg

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





Cook the plant-based crumbed chick'n

- · 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 chicken as above, in batches for best results.



Make the croutons

- In a large heatproof bowl, combine garlic and a generous drizzle of olive oil.
- · Microwave until fragrant, 30 second bursts.
- Cut or tear toasted ciabatta into bite-sized chunks.
- Add **croutons** to bowl with garlic oil, tossing to coat.



Get prepped

- Meanwhile, thinly slice cucumber into rounds.
- Halve snacking tomatoes.
- Finely chop garlic.
- Slice bake-at-home ciabatta in half lengthways and toast or grill to your liking.
- In a small bowl, combine plant-based mayonnaise and sweet chilli sauce.



Toss and serve up

- To bowl with croutons, add snacking tomatoes, cucumber, mixed salad leaves and balsamic vinaigrette dressing, tossing to combine.
- Slice plant-based crumbed chick'n if preferred.
- Divide crouton salad between bowls. Top with chick'n.
- Drizzle with sweet chilli mayo. Sprinkle with **flaked almonds** to serve. Enjoy!

