



# Plant-Based Chick'n & Sweet Chilli Mayo Salad

with Garlic Croutons & Flaked Almonds

ALTERNATIVE PROTEIN

NEW

Grab your Meal Kit with this symbol



Plant-Based Crumbed Chicken



Cucumber



Snacking Tomatoes



Garlic



Bake-At-Home Ciabatta



Plant-Based Mayonnaise



Sweet Chilli Sauce



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Flaked Almonds



Plant-Based Crumbed Chicken

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

Plant Based

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!

**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

Large frying pan

## Ingredients

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



1



## 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.

3



## 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.

2



## 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**.

4



## 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!

## Rate your recipe

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