



# Quick Plant-Based Chick'n & Herby Wedges

with Tomato Salad & Pesto Sauce

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Snacking Tomatoes



Carrot



Mixed Salad Leaves



Plant-Based Mayonnaise



Plant-Based Basil Pesto



Plant-Based Crumbed Chicken



Flaked Almonds



Parsley



Chicken Breast

Prep in: 15-25 mins  
Ready in: 25-35 mins



Plant Based<sup>^</sup>

<sup>^</sup>Custom Recipe is not Plant Based



Eat Me Early\*

\*Custom Recipe only

Who says eating plant-based is boring? It's time to get excited for our crumbed chick'n – we've paired it with herby baked wedges and a tomato salad for maximum flavour and fun. Don't forget the creamy pesto sauce for dipping.

**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Balsamic Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
snacking tomatoes	1 packet	2 packets
carrot	1	2
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
plant-based mayonnaise	1 packet	2 packets
plant-based basil pesto	1 medium packet	1 large packet
plant-based crumbed chicken	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
parsley	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3459kJ (827Cal)	642kJ (153Cal)
Protein (g)	21.7g	4g
Fat, total (g)	55.3g	10.3g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	58.9g	10.9g
- sugars (g)	17.8g	3.3g
Sodium (mg)	1493mg	277mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2931kJ (701Cal)	493kJ (118Cal)
Protein (g)	44.7g	7.5g
Fat, total (g)	40.2g	6.8g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	39.7g	6.7g
- sugars (g)	16.8g	2.8g
Sodium (mg)	711mg	120mg

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



## Bake the sweet potato wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- Spread **wedges** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **wedges** on high, **4 minutes**.
- Drain any excess liquid, then place **wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **12-15 minutes**.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.

3



## Cook the chick'n

- When wedges have **10 minutes** remaining, 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 swapped to chicken breast, place your hand flat on top of each chicken to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).

2



## Get prepped

- Meanwhile, halve **snacking tomatoes**.
- Grate **carrot**.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **snacking tomatoes**, **carrot** and **mixed salad leaves**. Set aside.
- In a small bowl, combine **plant-based mayonnaise** and **plant-based basil pesto**.

**TIP:** Toss the salad just before serving to keep the leaves crisp.

4



## Serve up

- Toss salad to combine.
- Divide plant-based chick'n, tomato salad and herby wedges between plates.
- Spoon pesto sauce over chick'n and wedges.
- Sprinkle with **flaked almonds**. Tear over **parsley** leaves to serve. Enjoy!

**Custom Recipe:** Divide chicken, tomato salad and herby wedges between plates.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)