



# Plant-Based Crumbed Chick'n Tenders

with Dill Potato Salad & Garlicky Veggies



Potato



Green Beans



Carrot



Garlic



Dill



Garlic & Herb Seasoning



Plant-Based Crumbed Chicken



Baby Spinach Leaves



Plant-Based Aioli

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**

Plant based

Winner, winner, plant-based dinner! You're going to love our new crumbed 'chicken', which gets all lovely and golden in the pan, and works a treat with the creamy potato salad.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 small bag	1 medium bag
carrot	1	2
garlic	2 cloves	4 cloves
dill	1 bag	1 bag
garlic & herb seasoning	½ sachet	1 sachet
plant-based crumbed chicken	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
plant-based aioli	1 large packet	2 large packets
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3361kJ (803Cal)	643kJ (153Cal)
Protein (g)	21.3g	4.1g
Fat, total (g)	53.1g	10.2g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	55g	10.5g
- sugars (g)	10.3g	2g
Sodium (mg)	1327mg	254mg

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.

1



## Cook the potato & get prepped

- Bring a medium saucepan of lightly salted water to the boil. Cut **potato** into bite-sized chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to pan.
- Meanwhile, trim **green beans**. Cut **carrot** into thin sticks. Finely chop **garlic** and **dill**.
- In a medium bowl, combine **garlic & herb seasoning** (see ingredients) and a drizzle of **olive oil**. Add **plant-based crumbed chicken**, tossing to coat.

**TIP:** *The rice will continue cooking in its own steam, so don't peek!*

3



## Make the potato salad

- While chick'n is cooking, add the **dill**, 1/2 the **plant-based aioli** and a drizzle of **white wine vinegar** to the **potato**.
- Toss to combine. Season to taste.

2



## Cook the veggies & chick'n

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and **baby spinach leaves** and cook until wilted, **1 minute**. Season with **salt** and **pepper**. Transfer **veggies** to a bowl. Cover to keep warm.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **plant-based chicken** until just browned, **2-3 minutes** each side.

4



## Serve up

- Divide plant-based crumbed chick'n tenders, dill potato salad and garlicky veggies between plates.
- Serve with remaining aioli.

## Enjoy!