



Plant-Based Chick'n & Creamy Pesto Sauce

with Herby Wedges & Apple Salad

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Apple



Carrot



Mixed Salad Leaves



Flaked Almonds



Parsley



Plant-Based Mayonnaise



Plant-Based Basil Pesto



Plant-Based Crumbed Chicken



Plant-Based Crumbed Chicken

Prep in: **15-25** mins
Ready in: **30-40** mins

Plant based

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 an apple 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

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
apple	1	2
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
plant-based mayonnaise	1 medium packet	1 large packet
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 bag	1 bag
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3570kJ (853Cal)	669kJ (160Cal)
Protein (g)	23.3g	4.4g
Fat, total (g)	57g	10.7g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	58.8g	11g
- sugars (g)	16.6g	3.1g
Sodium (mg)	1414mg	265mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4886kJ (1168Cal)	759kJ (181Cal)
Protein (g)	37.8g	5.9g
Fat, total (g)	76.5g	11.9g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	77.8g	12.1g
- sugars (g)	17.6g	2.7g
Sodium (mg)	2191mg	340mg

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



2022 | CW23



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

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



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 doubled your plant-based crumbed chicken, cook it in batches for best results.



Get prepped

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



Serve up

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

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