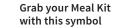


Plant-Based Chick'n Tenders & Spiced Wedges

with Burger Sauce & Avocado Salad

EXPLORER











Avocado



Tomato





Roasted Almonds





Mixed Salad Leaves



Burger Sauce





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

Plant Based

A plant-based version of chicken tenders, yes it can be done. A side of golden wedges to dip in a burger sauce (it's great for the chicken tenders too!) will make your mouth water in no time.



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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 medium sachet	1 large sachet
avocado	1	2
tomato	1	2
roasted almonds	1 packet	2 packets
plant-based crumbed chicken tenders	1 packet	2 packets
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
plant-based crumbed chicken tenders**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4370kJ (1044Cal)	791kJ (189Cal)
Protein (g)	33.6g	6.1g
Fat, total (g)	71.6g	13g
- saturated (g)	10.5g	1.9g
Carbohydrate (g)	70.3g	12.7g
- sugars (g)	16.8g	3g
Sodium (mg)	1511mg	273mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6365kJ (1521Cal)	906kJ (216Cal)
Protein (g)	56.1g	8g
Fat, total (g)	103.4g	14.7g
- saturated (g)	14.5g	2.1g
Carbohydrate (g)	95.2g	13.6g
- sugars (g)	18.3g	2.6g
Sodium (mg)	2364mg	337mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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





Bake the wedges

- Preheat oven to 240°C/220°C fan-forced. Cut potato into wedges.
- Place wedges on a lined oven tray. Sprinkle over Aussie spice blend, drizzle
 with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender, 20-25 minutes.



Get prepped

- Meanwhile, slice avocado in half, scoop out flesh and roughly chop.
 Cut tomato into wedges.
- · Roughly chop roasted almonds.



Cook the chick'n tenders

- When the 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 tenders until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.
- In a large bowl, combine mixed salad leaves, avocado, tomato and a drizzle of vinegar and olive oil. Season with salt and pepper.

Custom Recipe: If you've doubled your plant-based crumbed chicken tenders, cook in batches for the best results.



Serve up

- Divide chick'n tenders, spiced wedges and avocado salad between plates.
- Sprinkle almonds over salad. Serve with burger sauce. Enjoy!