



Plant-Based Chick'n Tenders & Spiced Wedges

with Burger Sauce & Avocado Salad

EXPLORER

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Avocado



Tomato



Roasted Almonds



Plant-Based Crumbed Chicken Tenders



Mixed Salad Leaves



Burger Sauce



Plant-Based Crumbed Chicken Tenders

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

	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

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1



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**.

3



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.

2



Get prepped

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

4



Serve up

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

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