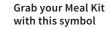


Plant-Based Chick'n & Potato Mash

with Caramelised Onion Sauce & Steamed Veggies

ALTERNATIVE PROTEIN













Baby Broccoli



Carrot



Baby Spinach



Leaves





Onion Chutney



Crumbed nicken Tender



Prep in: 20-30 mins Ready in: 30-40 mins

Plant Based

We better set an extra place at the table tonight because nostalgia is coming over and it's bringing this veggie version of homey chicken and potato mash. Cook up a caramelised onion sauce to put a spin on this classic.



Olive Oil, Plant-Based Butter, Plant-Based Milk, Brown Sugar, 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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	20g	40g
plant-based milk*	2 tbs	1/4 cup
onion	1 (medium)	1 (large)
baby broccoli	1 bag	1 bag
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
plant-based crumbed chicken tenders	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	1 tbs	2 tbs
onion chutney	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)	2993kJ (715Cal)	533kJ (127Cal)
Protein (g)	29.9g	5.3g
Fat, total (g)	32.3g	5.7g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	76.3g	13.6g
- sugars (g)	23.9g	4.3g
Sodium (mg)	1003mg	179mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4988kJ (1192Cal)	701kJ (168Cal)
Protein (g)	52.4g	7.4g
Fat, total (g)	64.1g	9g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	101.2g	14.2g
- sugars (g)	25.4g	3.6g
Sodium (mg)	1857mg	261mg

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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Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
 Drain and return to the pan.
- Add the plant-based butter and plant-based milk to the potato and season with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Get prepped

- While the potato is cooking, thinly slice **onion**.
- Halve any thick baby broccoli stalks lengthways.
- Thinly slice carrot into sticks.



Steam the veggies

- Place a colander or steamer basket on top of the saucepan, then add baby broccoli and carrot.
- Cover with a lid and steam until tender,
 6-7 minutes.
- Transfer veggies to a medium bowl, toss through baby spinach leaves and season to taste. Cover to keep warm.



Cook the plant-based chick'n

- Meanwhile, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook plant-based chicken tenders until golden and heated through, 2-3 minutes on each side.
- Transfer to a paper towel-lined plate and cover to keep warm.

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



Make the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook onion, stirring, until softened,
 5-6 minutes.
- Reduce heat to medium. Add the brown sugar, balsamic vinegar and a splash of water and mix well. Cook until dark and sticky, 3-5 minutes.
- Add onion chutney and a splash of water, stirring to combine.

TIP: Add a dash more water if the sauce gets too thick.



Serve up

- Divide potato mash, plant-based chick'n and steamed veggies between plates.
- Pour over caramelised onion sauce. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate