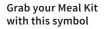


Golden Crumbed Chick'n & Apple Slaw Burger

with Burger Sauce & Fries

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Crumbed Chicken Tenders



Burger Buns





Shredded Cabbage





Burger Sauce





Prep in: 15-25 mins Ready in: 30-40 mins Plant-based chicken is glowing in a burger, so we're not going to hold back. Really make burger night shine with burger sauce and a sweet apple slaw. Don't forget the golden oven-baked fries!

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
plant-based crumbed chicken tenders	1 packet	2 packets
burger buns	2	4
apple	1/2	1
shredded cabbage mix	1 bag (150g)	1 bag (300g)
plant-based mayo	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
haloumi/grill cheese**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4481kJ (1071Cal)	758kJ (181Cal)
Protein (g)	37.5g	6.3g
Fat, total (g)	52.6g	8.9g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	114.4g	19.3g
- sugars (g)	23.2g	3.9g
Sodium (mg)	1592mg	269mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5810kJ (1389Cal)	840kJ (201Cal)
Protein (g)	59.5g	8.6g
Fat, total (g)	77.6g	11.2g
- saturated (g)	22.9g	3.3g
Carbohydrate (g)	116.2g	16.8g
- sugars (g)	24.5g	3.5g
Sodium (mg)	2592mg	375mg

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.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries, then place on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Spread out evenly, then bake until tender, 20-25 minutes.



Toss the slaw

- Meanwhile, halve burger buns and bake directly on a wire oven rack until heated through. 2-3 minutes.
- · Thinly slice apple (see ingredients) into sticks.
- In a large bowl, combine shredded cabbage mix, apple, plant-based mayo, a pinch of salt and a drizzle of vinegar and olive oil.



Cook the chicken

- When the fries 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.

Custom Recipe: If you've added haloumi, slice haloumi in half crossways to get 1 thin piece per person. Heat the pan as above. Before cooking the plant-based chicken tenders, cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate. Continue as above.



Serve up

- Spread **burger sauce** over the burger bun bases, then top with plant-based crumbed chicken and apple slaw.
- Serve with potato fries. Enjoy!

Custom Recipe: Add the haloumi to the burger.