



Golden Crumbed Chick'n & Apple Slaw Burger

with Burger Sauce & Fries

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Plant-Based Crumbed Chicken Tenders



Burger Buns



Apple



Shredded Cabbage Mix



Plant-Based Mayo



Burger Sauce



Haloumi/ Grill Cheese

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!

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
plant-based crumbed chicken tenders	1 packet	2 packets
burger buns	2	4
apple	½	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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW45



1



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**.

3



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**.

2



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.

4



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.

Rate your recipe

Did we make your tastebuds happy?

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