



Plant-Based Chick'n & Potato Mash

with Caramelised Onion Sauce & Steamed Veggies

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Onion



Baby Broccoli



Carrot



Baby Spinach Leaves



Plant-Based Crumbed Chicken Tenders



Onion Chutney



Plant-Based Crumbed Chicken Tenders

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.

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

Pantry items

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 · 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	¼ cup
onion	½	1
baby broccoli	½ medium bunch	1 medium bunch
carrot	1	2
baby spinach leaves	1 small packet	1 medium packet
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)	3115kJ (745Cal)	474kJ (113Cal)
Protein (g)	31.9g	4.9g
Fat, total (g)	32.4g	4.9g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	82.4g	12.5g
- sugars (g)	31g	4.7g
Sodium (mg)	1013mg	154mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5110kJ (1221Cal)	633kJ (151Cal)
Protein (g)	54.4g	6.7g
Fat, total (g)	64.2g	8g
- saturated (g)	8.1g	1g
Carbohydrate (g)	107.3g	13.3g
- sugars (g)	32.5g	4g
Sodium (mg)	1867mg	231mg

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

2024 | CW10



1



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.

4



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** each side.
- Transfer to a paper towel-lined plate and cover to keep warm.

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

2



Get prepped

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

5



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.

3



Steam the veggies

- When the potato has **7-8 minutes** remaining, place a colander or steamer basket on top of the saucepan and 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.

6



Serve up

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

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