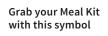


Plant-Based Chickn & Potato Mash

with Caramelised Onion Sauce & Steamed Veggies

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Potato







Carrot

Baby Broccoli



Plant-Based

Baby Spinach Leaves

Crumbed Chicken Tenders



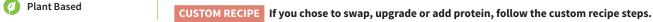
Onion Chutney





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

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.



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

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	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	1/2	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
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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



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 (see ingredients).
- Halve any thick baby broccoli stalks (see ingredients) lengthways.
- Thinly slice carrot into sticks.



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.



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.



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?
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