



Plant-Based Crumbed Chick'n & Kumara Fries

with Apple Salad & Beetroot Relish

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Kumara



Carrot



Apple



Plant-Based Crumbed Chicken Tenders



Mixed Salad Leaves



Beetroot Relish



Beef Rump

Recipe Update

We've replaced the radish in this recipe with carrot due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-40 mins



Plant-Based*

*Custom Recipe is not Plant-Based

A plant-based version of chicken tenders, yes it can be done. A sweet beetroot relish on the side gives us a match we never knew we needed. It's perfect for dipping the fries in too!

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
kumara	2 (medium)	2 (large)
carrot	1	2
apple	1	2
plant-based crumbed chicken tenders	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3161kJ (755Cal)	656kJ (157Cal)
Protein (g)	26.6g	5.5g
Fat, total (g)	37.1g	7.7g
- saturated (g)	4.8g	1g
Carbohydrate (g)	78.1g	16.2g
- sugars (g)	22.3g	4.6g
Sodium (mg)	1115mg	231mg
Dietary Fibre (g)	8.8g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1980kJ (473Cal)	411kJ (98Cal)
Protein (g)	36g	7.5g
Fat, total (g)	12.8g	2.7g
- saturated (g)	4.7g	1g
Carbohydrate (g)	53.2g	11g
- sugars (g)	20.8g	4.3g
Sodium (mg)	336mg	70mg
Dietary fibre	6.8g	1.4g

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 | CW21



Bake the fries

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



Cook the plant-based crumbed chicken tenders

- When the fries have **10 minutes** remaining, in a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- 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 swapped to beef rump, place between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened, then season with salt and pepper. Heat pan over high heat with a drizzle of olive oil. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 minutes.



Get prepped

- Meanwhile, thinly slice **carrot** into ribbons.
- Thinly slice **apple** into wedges.



Serve up

- In a large bowl, combine carrot, apple, **mixed salad leaves**, a drizzle of **vinegar** and olive oil. Season to taste.
- Divide kumara fries, plant-based crumbed chick'n tenders and apple salad between plates.
- Serve with **beetroot relish**. Enjoy!

Rate your recipe

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