

# Plant-Based Crumbed Chick'n & Kumara Fries

with Apple Salad & Beetroot Relish

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Kumara



Carrot



Apple



Plant-Based Chicken Style Tenders



Mixed Salad Leaves



Beetroot Relish



Beef Rump



Plant-Based Chicken Style Tenders

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

 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!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
kumara	2 (medium)	2 (large)
carrot	1	2
apple	1	2
plant-based chicken style tenders	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3208kJ (767cal)	431kJ (103cal)
Protein (g)	26.7g	3.6g
Fat, total (g)	37.2g	5g
- saturated (g)	4.8g	0.6g
Carbohydrate (g)	80.7g	10.8g
- sugars (g)	24.7g	3.3g
Sodium (mg)	1168mg	156.8mg
Dietary Fibre (g)	8.9g	1.2g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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**.

3



## Cook the plant-based chicken style tenders

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **plant-based chicken style tenders** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

2



## Get prepped

- Meanwhile, grate **carrot**.
- Thinly slice **apple** into wedges.

4



## Serve up

- In a large bowl, combine carrot, apple, **mixed salad leaves** and 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



### CUSTOM OPTIONS



#### SWAP TO BEEF RUMP

In a large frying pan, cook with a drizzle of olive oil, turning, for 5-6 minutes for medium. Transfer to a plate to rest. Slice before serving.



#### DOUBLE PLANT-BASED CHICKEN TENDERS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

