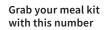


Plant-Based Crumbed Chick'n & Kumara Fries

with Apple Salad & Beetroot Relish

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Apple





Plant-Based Chicken Style Tenders



Mixed Salad Leaves







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



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
olive oil*	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
vinegar* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Get prepped

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



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.



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!





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.



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

