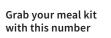


Plant-Based Chick'n Tenders & Spiced Wedges

with Burger Sauce & Avocado Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Avocado



Tomato



Slivered Almonds







Leaves



Burger Sauce



Plant-Based Chicken Styl



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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
Aussie spice blend	1 medium sachet	1 large sachet	
avocado	1 (small)	1 (large)	
tomato	1	2	
slivered almonds	1 packet	2 packets	
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	
burger sauce	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4105kJ (981cal)	489kJ (117cal)
Protein (g)	32.3g	3.8g
Fat, total (g)	65.1g	7.8g
- saturated (g)	8g	1g
Carbohydrate (g)	71.2g	8.5g
- sugars (g)	21.7g	2.6g
Sodium (mg)	1515mg	180.4mg
Dietary Fibre (g)	9.6g	1.1g

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 wedges

- Preheat oven to 240°C/220°C fan-forced. Cut potato into wedges.
- Place wedges on a lined oven tray. Sprinkle over Aussie spice blend, drizzle
 with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender, 20-25 minutes.



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and roughly chop.
- · Cut tomato into wedges.
- Heat a large frying pan over medium-high heat. Toast slivered almonds, tossing, until golden, 2-3 minutes. Transfer to a plate.



Cook the chick'n

- When the wedges have 10 minutes remaining, return the frying pan to medium-high heat with enough olive oil to coat the base.
- Cook plant-based chicken style tenders until golden and heated through,
 2-3 minutes on each side. Transfer to a paper towel-lined plate.
- In a large bowl, combine mixed salad leaves, avocado, tomato and a drizzle of vinegar and olive oil. Season with salt and pepper.



Serve up

- Divide plant-based chick'n tenders, spiced wedges and avocado salad between plates.
- Sprinkle toasted almonds over salad. Serve with burger sauce. Enjoy!



DOUBLE PLANT-BASED CHICKEN STYLE 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.

