



Plant-Based Chick'n Tenders & Wedges

with Beetroot Relish & Creamy Corn Slaw

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Celery



Sweetcorn



Plant-Based Mayo



Beetroot Relish



Plant-Based Chicken Style Tenders



Shredded Cabbage Mix



Plant-Based Chicken Style Tenders

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

A plant-based version of chick'n tenders, yes it can be done. A side of golden wedges to dip in a beetroot relish (it's great for the chick'n tenders too!) will make your mouth water in no time.

Plant Based

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
potato	2	4
plant-based chicken style tenders	1 packet	2 packets
celery	1 stalk	2 stalks
sweetcorn	1 tin (125g)	1 tin (300g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
plant-based mayo	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets
plant-based chicken style tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3371kJ (806Cal)	589kJ (141Cal)
Protein (g)	30.5g	5.3g
Fat, total (g)	42.8g	7.5g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	72.1g	12.6g
- sugars (g)	23.5g	4.1g
Sodium (mg)	1351mg	236mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5366kJ (1283Cal)	743kJ (178Cal)
Protein (g)	53g	7.3g
Fat, total (g)	74.6g	10.3g
- saturated (g)	9.2g	1.3g
Carbohydrate (g)	97g	13.4g
- sugars (g)	25g	3.5g
Sodium (mg)	2205mg	305mg

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.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Make the slaw

- Meanwhile, thinly slice **celery**. Drain the **sweetcorn**.
- In a medium bowl, combine **shredded cabbage mix**, **celery**, **sweetcorn**, **plant-based mayo** and a drizzle of **white wine vinegar**. Season with **salt** and **pepper**.

2



Cook the plant-based chicken

- When the wedges have **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of the pan.
- Cook **plant-based 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 doubled your plant-based chicken, cook in batches for the best result.

4



Serve up

- Divide plant-based chicken tenders, potato wedges and creamy corn slaw between plates. Top chick'n tenders.
- Serve with **beetroot relish**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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