

Plant-Based Chick'n Tenders & Spiced Wedges

with Burger Sauce & Avocado Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Potato



Aussie Spice Blend



Avocado



Tomato



Slivered Almonds



Plant-Based Chicken Style Tenders



Mixed Salad Leaves



Burger Sauce



Plant-Based Chicken Style Tenders



Grated Parmesan Cheese

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

Plant Based

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

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
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.

1



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**.

3



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**.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE PLANT-BASED CHICKEN STYLE TENDERS

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle cheese over the salad before serving.

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

