



Plant-Based Chick'n Parmigiana & Sweet Potato Wedges with Salad & Plant-Based Mayo

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Garlic



Tomato



Carrot



Tomato Paste



Garlic & Herb Seasoning



Plant-Based Crumbed Chicken



Plant-Based Shredded Cheddar Cheese



Mixed Salad Leaves



Plant-Based Mayonnaise

Hands-on: 20-30 mins
Ready in: 35-45 mins

Plant based

We took up the challenge of creating a plant-based version of classic pub fare, and were pleasantly surprised by the outcome. Try this chick'n pardi with all the trimmings and you might even trick your tastebuds into thinking you're eating the real deal.

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter, Balsamic 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Aussie spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
brown sugar*	½ tsp	1 tsp
plant-based butter*	20g	40g
water*	⅓ cup	⅔ cup
plant-based crumbed chicken	1 packet	2 packets
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
plant-based mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3200kJ (765Cal)	569kJ (136Cal)
Protein (g)	20.9g	3.7g
Fat, total (g)	47g	8.4g
- saturated (g)	9g	1.6g
Carbohydrate (g)	71.8g	12.8g
- sugars (g)	26.2g	12.8g
Sodium (mg)	2611mg	465mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **Aussie spice blend** and season with **salt**. Toss to coat. Bake until tender, **25-30 minutes**.

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



Get prepped

While the wedges are baking, finely chop the **garlic**. Cut the **tomato** into wedges. Grate the **carrot**.



Cook the sauce

In a large frying pan, heat a drizzle of **olive** over a medium heat. Cook the **garlic** and **tomato paste**, stirring, until fragrant, **1 minute**. Add the **garlic & herb seasoning**, **brown sugar**, **plant-based butter** and the **water** and cook, stirring, until slightly thickened, **3-4 minutes**. Season to taste. Transfer to a bowl.



Cook the chick'n

Wipe out the frying pan and return to a medium-high heat with enough **olive oil** to cover the base. When the oil is hot, cook the **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** each side. Place the **plant-based chicken** on a second lined oven tray. Top with the **tomato sauce** and **plant-based shredded Cheddar cheese**. Bake until the cheese is melted, **5-8 minutes**.



Toss the salad

While the chick'n is baking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **tomato**, **carrot** and **mixed salad leaves**, tossing to coat.



Serve up

Divide the chick'n parmigiana, sweet potato wedges and salad between plates. Serve with the **plant-based mayonnaise**.

Enjoy!