



Plant-Based Chick'n Tenders & Corn Slaw

with Aussie-Spiced Potato Wedges

Grab your Meal Kit
with this symbol



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Potato



Aussie Spice Blend



Sweetcorn



Celery



Slaw Mix



Plant-Based Aioli



Plant-Based
Crumbed Chicken

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

If you haven't tried our plant-based crumbed 'chicken' tenders yet, prepare to be pleasantly surprised! They get lovely and golden in the pan, and pair perfectly with the creamy and crunchy slaw and our signature wedges.

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
Aussie spice blend	1 sachet	2 sachets
sweetcorn	1 tin (125g)	1 tin (300g)
celery	1 stalk	2 stalks
slaw mix	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
plant-based aioli	1 large packet	2 large packets
plant-based crumbed chicken	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3468kJ (829Cal)	599kJ (143Cal)
Protein (g)	22.5g	3.9g
Fat, total (g)	54.6g	9.4g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	56.8g	9.8g
- sugars (g)	10.1g	9.8g
Sodium (mg)	1714mg	296mg

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.



Prep the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil** and sprinkle with the **Aussie spice blend**. Toss to coat.

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



Bake the wedges

Bake the **wedges** until tender, **20-25 minutes**.



Char the corn

While the wedges are cooking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Cook the **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Make the slaw

While the corn is charring, thinly slice the **celery**. To the bowl with the **corn**, add the **celery**, **slaw mix**, a drizzle of **vinegar** and 1/2 the **plant-based aioli**. Toss to combine. Season to taste.



Cook the chick'n

When the wedges have **10 minutes** remaining, return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, cook the **plant-based crumbed chicken** until just browned, **2-3 minutes** each side.



Serve up

Divide the plant-based chick'n tenders, corn slaw and Aussie-spiced potato wedges between plates. Serve with the remaining plant-based aioli.

Enjoy!

