



Plant-Based Chick'n Tenders & Mash

with Creamy Garlic Sauce & Mustard Veggies

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Green Beans



Wholegrain Mustard



Plant-Based Crumbed Chicken



Garlic & Herb Seasoning



Plant-Based Cooking Cream



Flaked Almonds



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

A good meal is one that has staple components that have proven over time that they are worthy additions to weeknight dinners. Creamy potato mash is one of these staples and being paired with a serving of mustard veggies (to add some flair) and our go-to plant-based protein, crumbed chick'n tenders, you have a dinner that is worth your time.

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

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
zucchini	1	2
green beans	1 small bag	1 medium bag
plant-based butter*	20g	40g
plant-based milk*	2 tbs	¼ cup
wholegrain mustard	1 packet	2 packets
plant-based crumbed chicken	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
plant-based cooking cream	1 packet	2 packets
water*	½ cup	¾ cup
flaked almonds	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3273kJ (782Cal)	470kJ (112Cal)
Protein (g)	27.4g	3.9g
Fat, total (g)	46.5g	6.7g
- saturated (g)	5g	0.7g
Carbohydrate (g)	60g	8.6g
- sugars (g)	16.6g	2.4g
Sodium (mg)	1656mg	238mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4590kJ (1097Cal)	569kJ (135Cal)
Protein (g)	41.9g	5.2g
Fat, total (g)	66g	8.2g
- saturated (g)	6.9g	0.9g
Carbohydrate (g)	79g	9.8g
- sugars (g)	17.7g	2.2g
Sodium (mg)	2433mg	301mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Bring a medium saucepan of salted water to the boil. Peel and cut **potato** into bite-sized pieces.

4



Cook the chick'n

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat base.
- Cook **plant-based crumbed chicken** 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 crumbed chicken, cook the plant-based chicken in batches for the best results.

2



Prep the veggies

- Thinly slice **carrot** and **zucchini** into sticks. Trim **green beans**.

5



Cook the sauce

- Wipe out pan and return to medium heat with a drizzle of **olive oil**. Cook **garlic & herb seasoning** until fragrant, **1 minute**.
- Add **plant-based cooking cream** and the **water** and cook until slightly thickened, **1-2 minutes**. Season generously with **salt** with **pepper**.

3



Cook the mash & veggies

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- In the last **8 minutes** of cook time, place a colander or steamer basket on top and add **carrot, zucchini** and **green beans**. Cover and steam until veggies are tender and potatoes can be easily pierced with a fork, **7-8 minutes**.
- Transfer **veggies** to a bowl. Add **wholegrain mustard** and toss to coat. Season and cover to keep warm. Drain **potatoes** and return to saucepan.
- Add **plant-based butter** and plant-based **milk** to **potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

6



Serve up

- Divide the plant-based chick'n tenders, mash and mustard veggies between plates.
- Spoon over creamy garlic sauce. Sprinkle over **flaked almonds** to serve. Enjoy!

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