



SWEET CHILLI TENDERS

perfect to share



SWEET CHILLI TENDERS QUINOA SALAD

PREP TIME: 15 mins

COOK TIME: 15 mins

SERVES: 3

Fresh and colourful vegetables with quinoa, roasted cashews and herbs, tossed together with plant based chicken style tenders.



INGREDIENTS

- 300g packet frozen **Birds Eye Plant Based Sweet Chilli Chicken Style Tenders**
- ½ cup quinoa, cooked following packet directions
- 1 cup finely shredded red cabbage
- 1 medium carrot, shredded
- ½ small red capsicum, diced
- 2 spring onion, finely sliced
- ¼ cup toasted chopped cashews
- ⅓ cup Thai basil (or basil) leaves
- Thai style salad dressing of choice, to serve

METHOD

1. Cook frozen Birds Eye Plant Based Sweet Chilli Chicken Style Tenders following packet directions. Slice into thirds and set aside to cool slightly.
2. In a large serving bowl combine cooked quinoa, prepared vegetables, cashews and basil, toss to combine. Dress with Thai style dressing to taste and top with sliced plant based tenders.
3. Divide between bowls to serve.



Add finely sliced red chilli if desired. Replace cashews with toasted sunflower seeds if avoiding nuts.

COOKING
TIP

SWEET CHILLI TENDERS BANH MI

PREP TIME: 10 mins

COOK TIME: 15 mins

MAKES: 3

Elevate your standard lunch with this banh mi inspired roll, packed with fresh herbs, vegetables and plant based sweet chilli chicken style tenders.



INGREDIENTS

300g packet frozen **Birds Eye Plant Based Sweet Chilli Chicken Style Tenders**

3 long Vietnamese style rolls

Vegan mayonnaise

2 baby cucumbers, thinly sliced or julienned

1 carrot, shredded

Fresh coriander, Vietnamese mint

Sweet chilli sauce, for serving

Sliced fresh red chilli, optional

METHOD

1. Cook frozen Birds Eye Plant Based Sweet Chilli Chicken Style Tenders following packet directions. Set aside.
2. Meanwhile, slice rolls lengthwise and spread with desired amount of mayonnaise. Fill with cucumber, carrot, herbs, and plant based tenders. Drizzle with sweet chilli sauce, sprinkle with fresh chilli, if using, and serve.



Try a quick pickle recipe for the carrot for a traditional flavour addition. Sliced spring onion can also be added.

COOKING
TIP

SWEET CHILLI TENDERS GREEN CURRY RICE

PREP TIME: 5 mins

COOK TIME: 15 mins

SERVES: 3

Rice and vegetables cooked in a coconut and green curry sauce served topped with plant based tenders.



INGREDIENTS

- 300g packet frozen **Birds Eye Plant Based Sweet Chilli Chicken Style Tenders**
- 1 tablespoon Thai green curry paste* (see tip)
- 270ml can coconut milk
- 2 kaffir lime leaves (optional)
- $\frac{3}{4}$ cup jasmine rice
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ x 500g packet frozen Birds Eye Baby Beans, Carrot, Corn & Broccoli
- Fresh coriander and lime wedges, to serve

METHOD

1. Cook frozen Birds Eye Plant Based Sweet Chilli Chicken Style Tenders following packet directions.
2. Meanwhile, in a medium non stick frypan over medium-high heat, cook curry paste and coconut milk, stirring to combine. Bring to boil.
3. Add lime leaves and rice, stir well, then add water. Return to boil, stir in frozen Birds Eye Vegetables. Reduce heat to low, cover pan and cook for 10 minutes, without removing the lid or stirring, or until rice has absorbed most of the liquid. Check if rice is cooked and continue cooking if required.
4. Serve curry rice in bowls, top with plant based tenders, fresh coriander and lime wedges.

Maesri brand green curry paste contains no shrimp paste.

COOKING
TIP

SWEET CHILLI TENDERS BUN CHAY

PREP TIME: 20 mins

COOK TIME: 15 mins

SERVES: 3

Vietnamese inspired noodle salad bowls with plant based chicken tenders, fresh veggies, herbs, crunchy roasted peanuts and a sweet/sour dressing.



INGREDIENTS

300g packet frozen **Birds Eye Plant Based Sweet Chilli Tenders**

Dressing

Zest and juice of $\frac{1}{2}$ a lime

2 tablespoons soy sauce

2 tablespoons sweet chilli sauce

1 clove garlic, minced

120g vermicelli rice noodles, cooked following packet directions

1 carrot, shredded

2 baby cucumbers, ribboned

1 cup bean shoots, trimmed and blanched

$\frac{1}{2}$ cup fresh herb leaves – coriander, mint, Thai basil

$\frac{1}{4}$ chopped roasted peanuts

METHOD

1. Cook frozen Birds Eye Plant Based Sweet Chilli Chicken Style Tenders following packet directions. Slice each tender in half.
2. Combine dressing ingredients in a screw top jar and shake well.
3. Divide cooked noodles and vegetables between serving bowls. Pour over dressing and top with plant based tenders. Scatter over herbs and peanuts. Serve immediately.



A store bought Vietnamese salad dressing can be used, but be aware that they often contain fish sauce.

COOKING
TIP

SWEET CHILLI TENDERS ROTI WRAPS

PREP TIME: 10 mins

COOK TIME: 15 mins

SERVES: 3

Quick and simple! Roti wraps with plant based sweet chilli chicken style tenders, mango chutney yoghurt, salad and fresh mint.



INGREDIENTS

300g packet frozen **Birds Eye Plant Based Sweet Chilli Chicken Style Tenders**

3 store bought roti breads

½ cup plant based natural yoghurt

1 tablespoon mango chutney

1 cup shredded lettuce, cos or iceberg

2 baby cucumbers, sliced

½ small red onion, thinly sliced into rounds

⅓ cup fresh mint leaves

METHOD

1. Cook frozen Birds Eye Plant Based Sweet Chilli Chicken Style Tenders following packet directions. Set aside.
2. Heat a non stick frypan over medium high heat and warm roti breads on both sides. Allow to cool slightly.
3. Combine yoghurt and chutney. Smear over warmed rotis, top with shredded lettuce, 3 plant based tenders each, cucumber, onion and mint. Roll up and serve immediately.



Soak raw onion slices in cold water for 15 minutes to remove the bitter aftertaste. Use lime pickle instead of mango chutney for a more sharp and savoury flavour.

**COOKING
TIP**

SWEET CHILLI TENDERS GADO GADO

PREP TIME: 20 mins

COOK TIME: 15 mins

SERVES: 3

A riff on the classic Indonesian salad of raw and cooked veggies smothered in delicious peanut sauce.



INGREDIENTS

300g packet **Birds Eye Plant Based Sweet Chilli Chicken Style Tenders**

1 large potato, peeled and halved

500g packet frozen Birds Eye Carrot, Cauli, Beans and Broccoli

1 baby cos, shredded

3 baby cucumbers, thinly sliced

250ml store bought gado gado peanut sauce, or satay sauce, heated following packet directions

Fresh coriander, to garnish

METHOD

1. Cook frozen Birds Eye Plant Based Sweet Chilli Chicken Style Tenders following packet directions.
2. Meanwhile, place potato halves in a saucepan of boiling water, reduce heat and simmer for 10-12 minutes or until just tender. Remove potatoes from water and set aside to cool.
3. Return water to boil and cook frozen Birds Eye Vegetables following packet directions. Strain and immediately plunge into iced water to stop the cooking process. Strain again and set aside.
4. Dice cooked potatoes and place on a large serving platter or on individual serving plates. Arrange lettuce, cucumber, cooked vegetables, coriander and plant based tenders on plates. Lightly drizzle with warm peanut sauce and serve remaining sauce in a small bowl.

Use any of your favourite Birds Eye frozen vegetable mixes in this recipe. Traditionally gado gado is served with prawn crackers; if vegetarian, try using Chang's Crunchy Noodles.

COOKING
TIP