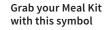


Plant-Based Crumbed Chick'n & Couscous Bowl

with Roasted Veggies & Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Potato





Beetroot

Garlic & Herb Seasoning





Flaked Almonds

Vegetable Stock



Couscous

Powder

Plant-Based Crumbed Chicken Tenders



Baby Leaves

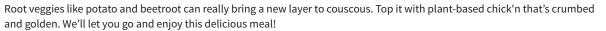


Plant-Based Mayo





Plant Based





Pantry items

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
potato	1	2	
beetroot	1	2	
garlic & herb seasoning	1 medium sachet	1 large sachet	
flaked almonds	1 packet	2 packets	
garlic	2 cloves	4 cloves	
plant-based butter*	20g	40g	
water*	¾ cup	1½ cups	
vegetable stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
plant-based crumbed chicken tenders	1 packet	2 packets	
baby leaves	1 small packet	1 medium packet	
balsamic vinegar*	drizzle	drizzle	
plant-based mayo	1 medium packet	1 large packet	
plant-based crumbed chicken tenders**	1 packet	2 packets	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4175kJ (998Cal)	779kJ (186Cal)
Protein (g)	35g	6.5g
Fat, total (g)	51.4g	9.6g
- saturated (g)	10.5g	2g
Carbohydrate (g)	96.3g	18g
- sugars (g)	24.3g	4.5g
Sodium (mg)	1993mg	372mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6170kJ (1475Cal)	899kJ (215Cal)
Protein (g)	57.5g	8.4g
Fat, total (g)	83.2g	12.1g
- saturated (g)	14.6g	2.1g
Carbohydrate (g)	121.2g	17.7g
- sugars (g)	25.8g	3.8g
Sodium (mg)	2846mg	415mg

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.

We're here to help!

Scan here if you have any questions or concerns





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot, potato and beetroot into bite-sized chunks.
- · Place veggies on a lined oven tray. Sprinkle with garlic & herb seasoning, drizzle with olive oil and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.
- In the last 3 minutes of cook time, add flaked almonds to one side of the tray, return to the oven and continue roasting until golden.



Make the couscous

- Meanwhile, finely chop garlic.
- In a medium saucepan, heat the **plant-based butter** over medium-high heat. Cook garlic until fragrant, 1 minute.
- Add the water and vegetable stock powder and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



Cook the chick'n

- · Heat a large frying pan over medium-high heat with enough olive oil to coat
- 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 in batches for best results.



Serve up

- Add roasted veggies to the couscous, along with **baby leaves** and a drizzle of **balsamic vinegar** and olive oil. Toss to combine.
- Divide roast veggie couscous between bowls. Top with plant-based crumbed chicken.
- Dollop over **plant-based mayo** and garnish with toasted almonds. Enjoy!