



Plant-Based Crumbed Chick'n & Couscous Bowl

with Roasted Veggies & Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Potato



Beetroot



Garlic & Herb Seasoning



Flaked Almonds



Garlic



Vegetable Stock Powder



Couscous



Plant-Based Crumbed Chicken Tenders



Baby Leaves



Plant-Based Mayo



Plant-Based Crumbed Chicken Tenders

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

Plant Based

Root veggies like potato and beetroot can really bring a new layer to couscous. Top it with plant-based chick'n that's crumbed and golden. We'll let you go and enjoy this delicious meal!

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

Pantry items

Olive Oil, Plant-Based Butter, Balsamic Vinegar

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

	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](https://www.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

2024 | CW12



1



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.

3



Cook the chick'n

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

2



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.

4



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!

Rate your recipe

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