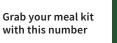


# Plant-Based Crumbed Chick'n & Couscous Bowl

with Roasted Veggies, Plant-Based Mayo & Almonds

ALTERNATIVE PROTEIN

**CLIMATE SUPERSTAR** 











Potato





Beetroot

Garlic & Herb







Flaked Almonds

Pearl (Israeli)



Vegetable Stock

Powder

Couscous

Plant-Based Crumbed



**Baby Leaves** Chicken Tenders



Plant-Based Mayo





**Pantry items** Olive Oil, Balsamic Vinegar



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



#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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  $\cdot$  Medium saucepan  $\cdot$  Large frying pan

# Ingredients

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	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	
pearl (Israeli) couscous	1 packet	2 packets	
vegetable stock powder	1 medium sachet	1 large sachet	
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	

#### \*Pantry Items

#### **Nutrition**

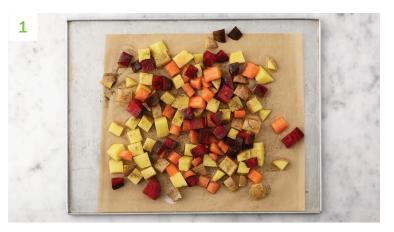
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4195kJ (1002Cal)	780kJ (186Cal)
Protein (g)	35g	6.5g
Fat, total (g)	51.9g	9.7g
- saturated (g)	10.6g	2g
Carbohydrate (g)	96.4g	17.9g
- sugars (g)	24.2g	4.5g
Sodium (mg)	2001mg	372mg
Dietary Fibre (g)	12g	2.2g

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.



#### 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.



#### Cook the chick'n

- Meanwhile, 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.



## Make the pearl couscous

- Meanwhile, boil the kettle and finely chop garlic.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water and a pinch of salt. Bring to the boil then simmer, uncovered, until tender, 10-12 minutes. Drain.
- Return saucepan to medium-high heat with a drizzle of olive oil. Cook garlic
  until fragrant, 1 minute. Return couscous to pan with vegetable stock
  powder and stir to combine. Remove from heat and set aside.



### Serve up

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









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

