

Plant-Based Crumbed Chick'n & Couscous Bowl

with Roasted Veggies, Plant-Based Mayo & Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Recipe Update

We've replaced the couscous in this recipe with pearl couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Carrot



Potato



Beetroot



Garlic & Herb Seasoning



Flaked Almonds



Garlic



Pearl (Israeli) Couscous



Vegetable Stock Powder



Plant-Based Crumbed Chicken Tenders



Baby Leaves



Plant-Based Mayo



Plant-Based Crumbed Chicken



Peeled Pumpkin Pieces

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 pearl couscous. Top it with plant-based chick'n that's crumbed, golden and totally moreish. We'll let you go and enjoy this delicious meal!

Pantry items

Olive Oil, Balsamic Vinegar

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 · Medium saucepan · 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
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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



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

- 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.

2



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.

4



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!

CUSTOM OPTIONS



DOUBLE PLANT-BASED CRUMBED CHICKEN

Follow method above, cooking in batches if necessary.



ADD PUMPKIN PEELED DICED

Roast with veggies, following method above.

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

