



# Golden Potato & Israeli Couscous Salad

with Hazelnuts & Plant-Based Basil Pesto Mayo

CLIMATE SUPERSTAR



### Recipe Update

Unfortunately, this week's kumara was in short supply, so we've replaced it with potato. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Grab your Meal Kit with this symbol



Onion



White Turnip



Potato



Aussie Spice Blend



Israeli Couscous



Vegetable Stock Powder



Roasted Hazelnuts



Plant-Based Basil Pesto



Plant-Based Mayo



Baby Spinach Leaves



Plant-Based Crumbed Chicken Tenders

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

Plant Based

Quick and easy, that's the best kind of dinner. Roast the potato in our Aussie spice blend and then whip up a fluffy couscous and have it ready to be gobbled down in no time at all. Top it off with a plant-based basil pesto mayo to ensure there won't be any crumbs left.

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

### Pantry items

Olive Oil, 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

Two oven trays lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
white turnip	1	2
potato	2	4
Aussie spice blend	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
roasted hazelnuts	1 packet	2 packets
plant-based basil pesto	1 packet (50g)	1 packet (100g)
plant-based mayo	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	drizzle	drizzle
plant-based crumbed chicken tenders**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2287kJ (547Cal)	677kJ (162Cal)
Protein (g)	14.3g	4.2g
Fat, total (g)	30.6g	9.1g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	52g	15.4g
- sugars (g)	11.2g	3.3g
Sodium (mg)	1180mg	349mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4282kJ (1023Cal)	878kJ (210Cal)
Protein (g)	36.8g	7.5g
Fat, total (g)	62.4g	12.8g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	76.9g	15.8g
- sugars (g)	12.7g	2.6g
Sodium (mg)	2034mg	417mg

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://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

2023 | CW17



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **onion** into thick wedges. Peel **white turnip**, then cut into small chunks. Cut **potato** into bite-sized chunks.
- Place **onion** and **turnip** on a lined oven tray. Place **potato** and **Aussie spice blend** on a second lined oven tray. Season both trays of **veggies** with **salt** and drizzle with **olive oil**.
- Toss to coat, spread out evenly, then roast the **veggies** until tender, **25-30 minutes**.



## Make the basil pesto mayo

- Roughly chop **roasted hazelnuts**.
- In a small bowl, combine **plant-based basil pesto** and **plant-based mayo**. Set aside.
- To the saucepan with couscous, add **baby spinach leaves**, **roasted turnip** and **onion** and a drizzle of **balsamic vinegar**. Stir to combine. Season to taste.



## Cook the couscous

- While the veggies are roasting, boil the kettle. In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and return **couscous** to the pan.
- Add **vegetable stock powder** and a drizzle of **olive oil**. Stir to combine.

**Custom Recipe:** If you've added plant-based chicken tenders, before cooking the couscous, heat the saucepan as above. Cook plant-based chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate. Continue with step.



## Serve up

- Divide Israeli couscous salad between plates.
- Top with golden potato and plant-based basil pesto mayo.
- Sprinkle with hazelnuts to serve. Enjoy!

**Custom Recipe:** Top with the plant-based chicken tenders to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)