

Plant-Based Crumbed Chick'n & Couscous

with Roast Veggies, Romesco Mayo & Almonds

Grab your Meal Kit with this symbol



ALTERNATIVE PROTEIN



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

Plant Based

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.

Root veggies like carrot and beetroot can really bring a new layer to couscous. Top it with plant-based chicken that's crumbed



Mayo

Olive Oil, Plant-Based Butter, Balsamic Vinegar

Pantry items

AE

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1	2
1	2
1 medium sachet	1 large sachet
1 packet	2 packets
2 cloves	4 cloves
1 medium packet	1 large packet
1 medium packet	1 large packet
20g	40g
¾ cup	1½ cups
1 medium sachet	1 large sachet
1 packet	1 packet
1 packet	2 packets
1 small bag	1 medium bag
drizzle	drizzle
1 packet	2 packets
	refer to method 1 1 1 medium sachet 1 packet 2 cloves 1 medium packet 1 medium packet 2 og 3/4 cup 1 medium sachet 1 packet 1 packet 1 small bag drizzle

*Pantry Items **Custom Recipe Ingredient Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4036kJ (965Cal)	848kJ (203Cal)
Protein (g)	34.1g	7.2g
Fat, total (g)	55.6g	11.7g
- saturated (g)	10.9g	2.3g
Carbohydrate (g)	85.1g	17.9g
- sugars (g)	19.2g	4g
Sodium (mg)	2175mg	457mg

Custom Recipe

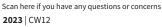
Avg Qty	Per Serving	Per 100g
Energy (kJ)	6031kJ (1441Cal)	963kJ (230Cal)
Protein (g)	56.6g	9g
Fat, total (g)	87.4g	14g
- saturated (g)	14.9g	2.4g
Carbohydrate (g)	110g	17.6g
- sugars (g)	20.7g	3.3g
Sodium (mg)	3028mg	484mg

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!





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and beetroot into small chunks.
- Place on a lined oven tray. Sprinkle with garlic & herb seasoning, drizzle with olive oil and toss to coat. Roast until tender, 20-25 minutes.
- In the last 3 minutes of cooking time, add flaked almonds to one side of the tray and bake until golden.



Get prepped

- Meanwhile, finely chop garlic.
- In a small bowl, combine plant-based mayo and romesco sauce. Set aside.



Make the couscous

- In a medium saucepan, heat the **plant-based butter** over medium-high heat.
- Add garlic and cook 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 chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based crumbed chicken tenders** until golden and heated through, **2-3 minutes** each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your plantbased crumbed chicken, cook in batches for the best result.



Bring it all together

 To the couscous, add roasted veggies, baby spinach leaves and a drizzle of balsamic vinegar and olive oil. Toss to combine.



Serve up

- Divide roast veggie couscous between bowls. Top with plant-based crumbed chick'n.
- Dollop over romesco mayo and garnish with toasted almonds. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate