



Plant-Based Crumbed Chick'n & Couscous

with Roast Veggies, Romesco Mayo & Almonds

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Carrot



Beetroot



Garlic & Herb Seasoning



Flaked Almonds



Garlic



Plant-Based Mayo



Romesco Sauce



Vegetable Stock Powder



Couscous



Plant-Based Crumbed Chicken Tenders



Baby Spinach Leaves



Plant-Based Crumbed Chicken Tenders



Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

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

Plant Based

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
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 mayo	1 medium packet	1 large packet
romesco sauce	1 medium packet	1 large packet
plant-based butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
plant-based crumbed chicken tenders	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	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)	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!

Scan here if you have any questions or concerns

2023 | CW12



1



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.

4



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 plant-based crumbed chicken, cook in batches for the best result.

2



Get prepped

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

5



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.

3



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.

6



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?

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