



Plant-Based Herby Chick'n & Veggie Couscous with Basil Pesto 'Aioli' Drizzle

CLIMATE SUPERSTAR

MEDITERRANEAN

Grab your Meal Kit with this symbol



Carrot & Zucchini Mix



Garlic & Herb Seasoning



Couscous



Vegetable Stock Powder



Plant-Based Chicken Strips



Plant-Based Basil Pesto



Plant-Based Aioli



Baby Spinach Leaves



Prawns

Prep in: 10-20 mins
Ready in: 25-35 mins



Plant Based^A
^ACustom Recipe is not Plant Based



Eat Me First*
*Custom Recipe only

Plant-based proteins gets some extra love when drizzled with our plant-based pesto aioli mixture. Laid on a bed of our favourite grain, you've got everything that you could want in this bowl.

CUSTOM RECIPE

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot & zucchini mix	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1 ½ cups
plant-based chicken strips	1 packet	2 packets
plant-based basil pesto	1 medium packet	1 large packet
plant-based aioli	1 packet (50g)	2 packets (100g)
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3112kJ (744Cal)	710kJ (170Cal)
Protein (g)	40.8g	9.3g
Fat, total (g)	40.2g	9.2g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	50.9g	11.6g
- sugars (g)	12.6g	2.9g
Sodium (mg)	2208mg	504mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2456kJ (587Cal)	594kJ (142Cal)
Protein (g)	25.2g	6.1g
Fat, total (g)	32.2g	7.8g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	47.2g	11.4g
- sugars (g)	8.8g	2.1g
Sodium (mg)	1740mg	421mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Place **carrot & zucchini mix** on a lined oven tray. Sprinkle with **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Cook the chicken

- While couscous is cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**. Remove from heat.

Custom Recipe: If you've swapped to prawns, heat pan as above. Cook prawns, tossing, until pink and slightly curled, 3-4 minutes.

2



Make the couscous

- When the veggies have **10 minutes** remaining, boil the kettle.
- In a large heatproof bowl, add **couscous** and **vegetable stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and stir to combine. Immediately cover with plate and leave for **5 minutes**.
- Fluff up with fork and set aside.

4



Bring it all together & serve up

- In a small bowl, combine **plant-based basil pesto** and **plant-based aioli**.
- To bowl with couscous, add roasted veggies, **baby spinach leaves** and a drizzle of the **vinegar**. Toss to combine and season to taste.
- Divide roast veggie couscous between bowls. Top with herby chick'n.
- Drizzle over plant-based pesto aioli mixture to serve. Enjoy!

Rate your recipe

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