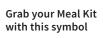


# Plant-Based Herby Chick'n & Veggie Couscous

with Basil Pesto 'Aioli' Drizzle

CLIMATE SUPERSTAR

MEDITERRANEAN



















Vegetable Stock Powder



Plant-Based



Plant-Based

Basil Pesto

Chicken Strips





Baby Spinach Leaves







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



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.

## 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

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	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





# 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.



### 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** (3/4 cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with plate and leave for **5 minutes**.
- Fluff up with fork and set aside.



### 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.



## 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!

