



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

CLIMATE SUPERSTAR

MEDITERRANEAN

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic & Herb Seasoning



Couscous



Vegetable Stock Powder



Plant-Based Chicken Strips



Baby Spinach Leaves



Plant-Based Basil Pesto



Plant-Based Aioli



Plant-Based Chicken Strips

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

Plant-Based

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 | 1 | 2 |
| zucchini | 1 | 2 |
| 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 | 1½ cups |
| plant-based chicken strips | 1 packet | 2 packets |
| baby spinach leaves | 1 medium bag | 1 large bag |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| plant-based basil pesto | 1 medium packet | 1 large packet |
| plant-based aioli | 1 packet (50g) | 2 packets (100g) |
| plant-based chicken strips** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3087kJ (738Cal) | 721kJ (172Cal) |
| Protein (g) | 41.2g | 9.6g |
| Fat, total (g) | 40.5g | 9.5g |
| - saturated (g) | 3.6g | 0.8g |
| Carbohydrate (g) | 48.7g | 11.4g |
| - sugars (g) | 11.4g | 2.7g |
| Sodium (mg) | 2190mg | 511mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4017kJ (960Cal) | 726kJ (174Cal) |
| Protein (g) | 70.8g | 12.8g |
| Fat, total (g) | 49.5g | 8.9g |
| - saturated (g) | 4.8g | 0.9g |
| Carbohydrate (g) | 52.4g | 9.5g |
| - sugars (g) | 15.1g | 2.7g |
| Sodium (mg) | 3315mg | 599mg |

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**.
- Cut **carrot** and **zucchini** into half-moons.



Cook the chick'n

- Meanwhile, 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 doubled your plant-based chicken strips, cook chick'n in batches if your pan is getting crowded.



Roast the veggies

- Place prepped **veggies** 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.



Bring it all together

- To the bowl with couscous, add roasted **veggies**, **baby spinach leaves** and a drizzle of the **vinegar**. Season.
- In a small bowl, combine **plant-based basil pesto** and **plant-based aioli**.



Make the couscous

- When 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 / 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.



Serve up

- Divide roast veggie couscous between bowls. Top with chick'n.
- Drizzle over plant-based pesto aioli mixture to serve. Enjoy!

Rate your recipe

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