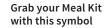


Plant-Based Herby Chick'n & Veggie Couscous

with Basil Pesto 'Aioli' Drizzle

CLIMATE SUPERSTAR

MEDITERRANEAN













Garlic & Herb



Couscous

Seasoning



Vegetable Stock



Chicken Strips

Basil Pesto



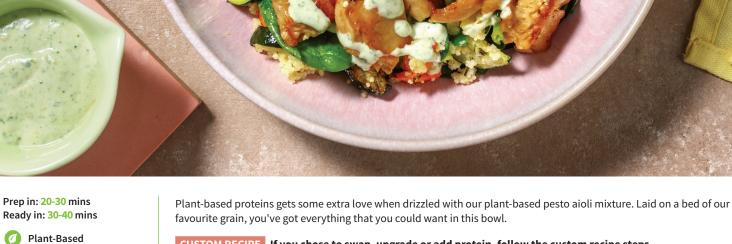
Baby Spinach Leaves





Plant-Based







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 \cdot Large frying pan

Ingredients

ingi calcites				
	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

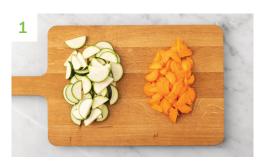
Always read product labels for the most up-to-date allergen information.

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.



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.



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.



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.



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.



Serve up

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate