



Plant-Based Chick'n & Herby Veggie Couscous with 'Pesto Mayo'

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Carrot



Beetroot



Snacking Tomatoes



Garlic & Herb Seasoning



Couscous



Plant-Based Chicken Strips



Baby Spinach Leaves



Plant-Based Basil Pesto



Plant-Based Mayonnaise



Plant-Based Chicken Strips



Chicken Breast

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

Plant Based

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
beetroot	1	2
snacking tomatoes	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
boiling water*	¾ cup	1½ cups
plant-based chicken strips	1 packet	2 packets
baby spinach leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
plant-based basil pesto	1 medium packet	1 large packet
plant-based mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3244kJ (775cal)	314kJ (75cal)
Protein (g)	41.6g	4g
Fat, total (g)	40.4g	3.9g
- saturated (g)	3.7g	0.4g
Carbohydrate (g)	58.2g	5.6g
- sugars (g)	16.5g	1.6g
Sodium (mg)	2250mg	217.8mg
Dietary Fibre (g)	15.8g	1.5g

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into half-moons.
- Cut **beetroot** into 1cm chunks.
- Halve **snacking tomatoes**.



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.



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 **vinegar**. Season with **salt** and **pepper**.
- In a small bowl, combine **plant-based basil pesto** and **plant-based mayonnaise**.



Make the couscous

- When veggies have **10 minutes** remaining, boil the kettle.
- In a large bowl, add **couscous** and the **salt**.
- Add the **boiling water** (¾ cups for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with fork and set aside.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



DOUBLE PLANT-BASED CHICKEN STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

