



# Plant-Based Smokey Chick'n & Veggie Couscous

with Creamy Pesto 'Aioli' & Flaked Almonds

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Beetroot



Broccoli & Carrot Mix



Garlic & Herb Seasoning



Couscous



Vegetable Stock Powder



Nan's Special Seasoning



Plant-Based Chicken Strips



Plant-Based Aioli



Plant-Based Basil Pesto



Flaked Almonds



Plant-Based Chicken Strips

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

Plant Based

Beetroot, broccoli and carrot get tossed with grainy couscous, creating the perfect base for Nan's-spiced plant-based chicken strips. With some flaked almonds for crunch and a pesto-aioli dressing for flavour, you'll be adding this one to your plant-based cookbook!

**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
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
broccoli & carrot 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
<b>boiling water*</b>	¾ cup	1½ cups
Nan's special seasoning	1 medium sachet	1 large sachet
plant-based chicken strips	1 packet	2 packets
plant-based aioli	1 packet	2 packets
plant-based basil pesto	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
plant-based chicken strips**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3367kJ (805Cal)	804kJ (192Cal)
Protein (g)	42.1g	10.1g
Fat, total (g)	43.2g	10.3g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	58.6g	14g
- sugars (g)	19.1g	4.6g
Sodium (mg)	2617mg	625mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4297kJ (1027Cal)	790kJ (189Cal)
Protein (g)	71.7g	13.2g
Fat, total (g)	52.2g	9.6g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	62.4g	11.5g
- sugars (g)	22.8g	4.2g
Sodium (mg)	3742mg	688mg

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](https://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 **beetroot** into 1cm chunks.



## Cook the chick'n

- Meanwhile, in a second medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **plant-based chicken strips**, then toss to coat.
- 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**.

**Custom Recipe:** If you've doubled your plant-based chicken strips, combine chicken strips with Nan's special seasoning as above. Cook chick'n strips in batches for the best results.



## Roast the veggies

- Place **beetroot** and **broccoli & carrot mix** on a lined oven tray.
- Drizzle with **olive oil** then sprinkle over **garlic & herb seasoning**. Toss to coat. Roast until tender, **20-25 minutes**.

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

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Bring it all together

- In a small bowl, combine **plant-based aioli**, **plant-based basil pesto** and a splash of **water**.
- To the bowl with the couscous, add **roasted veggies** and a drizzle of **vinegar**. Season to taste.



## Make the couscous

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



## Serve up

- Divide roast veggie couscous between bowls.
- Top with smokey chick'n and creamy pesto 'aioli'.
- Sprinkle over **flaked almonds** to serve. Enjoy!

## Rate your recipe

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