



Asian Chicken Schnitzel & Teriyaki Veg

with Rice & Garlic-Soy Aioli

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Garlic



Jasmine Rice



Zucchini



Carrot



Green Beans



Chicken Thigh



Southeast Asian Spice Blend



Panko Breadcrumbs



Teriyaki Sauce



Garlic Aioli



Pork Schnitzel



Chicken Breast

Prep in: 35-45 mins
Ready in: 40-50 mins

Eat Me Early

Give chicken schnitzel an Asian-style twist by serving it with a delectable garlic-soy aioli, tender teriyaki veggies and fluffy garlic rice. You'll be coming back for seconds...or thirds of this moreish meal!

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1 cup	2 cups
zucchini	1	2
carrot	1	2
green beans	1 small packet	1 medium packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	2 medium sachets
plain flour*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	2 medium packets
teriyaki sauce	½ packet	1 packet
garlic aioli	1 medium packet	1 large packet
soy sauce*	½ tsp	1 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4004kJ (957cal)	331kJ (79cal)
Protein (g)	52.5g	4.3g
Fat, total (g)	33.1g	2.7g
- saturated (g)	6.8g	0.6g
Carbohydrate (g)	110g	9.1g
- sugars (g)	20g	1.7g
Sodium (mg)	1715mg	142mg
Dietary Fibre (g)	24.6g	2g

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

2024 | CW40



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water** and a good pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.
- Remove the lid and let the rice sit for another **5 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Fry the chicken

- Heat a large frying pan over medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add **crumbed chicken** in batches and cook until golden on the outside and cooked through (when no longer pink inside), **3-5 minutes** each side.
- Transfer to a plate lined with paper towel. Repeat with remaining **crumbed chicken**.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.



Get prepped

- While the rice is cooking, thinly slice **zucchini** and **carrot** (unpeeled) into half-moons.
- Trim and halve **green beans**.
- Place **chicken thigh** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.



Cook the veggies

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**. Add **carrot**, **zucchini** and **green beans** and cook, stirring, until tender, **4-5 minutes**.
- Add **teriyaki sauce** (see ingredients) and a good pinch of **pepper**, then cook, stirring, until heated through, **1 minute**.
- While the veggies are cooking, in a small bowl, combine **garlic aioli** and **soy sauce**.



Crumb the chicken

- In a shallow bowl, combine **Southeast Asian spice blend**, the **plain flour**, **salt** and a good pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Dip chicken into the **spiced flour**, followed by the **egg** and finally into the **panko breadcrumbs**. Set aside on a plate.



Serve up

- Slice chicken schnitzels.
- Divide rice among plates and top with Asian chicken schnitzel and teriyaki veggies.
- Serve with garlic-soy aioli. Enjoy!

CUSTOM OPTIONS



SWAP TO PORK SCHNITZEL

Follow crumbing and cooking method above, cooking for 1-2 minutes each side.



SWAP TO CHICKEN BREAST

Follow crumbing and cooking method above, cooking for 2-4 minutes each side.

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

