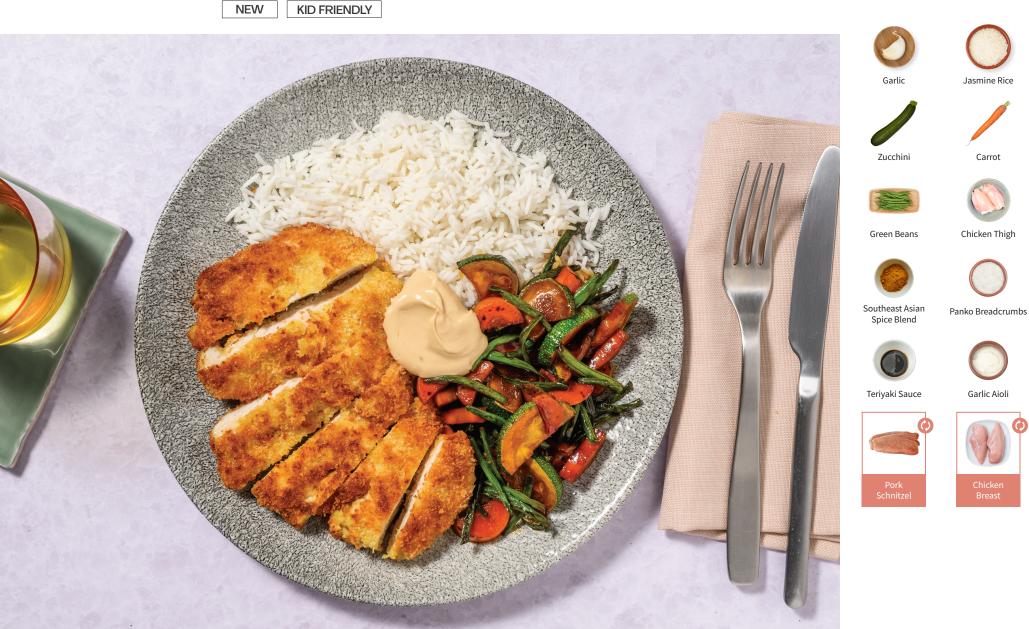


Asian Chicken Schnitzel & Teriyaki Veg with Rice & Garlic-Soy Aioli

Grab your meal kit with this number



Carrot



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

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

1 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!

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*	1⁄4 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

2024 | CW40

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.



Cook the garlic rice

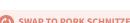
- Finely chop garlic.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat.
- Add garlic and cook until fragrant, 1-2 minutes. Add jasmine rice, the water and a good pinch of salt. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 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.

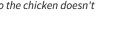
TIP: The rice will finish cooking in its own steam, so don't peek!



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.





SWAP TO PORK SCHNITZEL

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

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.



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.

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.

Serve up

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

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.







CUSTOM **OPTIONS**