



# ASIAN CHICKEN SCHNITZEL RICE BOWL

with Teriyaki Veg & Garlic-Soy Aioli



Add extra flavour to aioli with soy sauce



Garlic



Jasmine Rice



Chicken Breast



Carrot



Green Beans



Asian Greens



Coriander



Garlic Aioli



Panko Breadcrumbs



Teriyaki Sauce



Crispy Shallots

Hands-on: **35 mins**  
Ready in: **40 mins**

Eat me early

Give chicken schnitzel an Asian-style twist by serving it with garlic-soy aioli for dipping, plus a side of teriyaki veggies. It's such a crowd-pleasing combo that you'd better prepare for repeat requests!

**Pantry Staples:** Olive Oil, Butter, Soy Sauce, Plain Flour, Eggs

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** with a **lid** • **large frying pan**



### 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and **salt (for the rice)**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.  
 🌱 **TIP:** The rice will finish cooking in its own steam so don't peek!



### 2 GET PREPPED

While the rice is cooking, place the **chicken breast** between two sheets of baking paper. Pound the chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm thick. Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **green beans**. Roughly chop the **Asian greens**. Roughly chop the **coriander**. In a small bowl, combine the **garlic aioli** with the **soy sauce**. 🌱 **TIP:** Keep the garlic aioli plain for the kids if you like.



### 3 CRUMB THE CHICKEN

In a shallow bowl, combine the **plain flour**, the **salt (for the crumb)** and a **good pinch of pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** first into the **plain flour**, followed by the **egg** and finally into the **panko breadcrumbs**. Set aside on a plate.



### 4 FRY THE CHICKEN

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the **crumbed chicken** and cook until golden on the outside and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining crumbed chicken**. 🌱 **TIP:** Add extra oil if needed so the chicken doesn't stick to the pan.



### 5 COOK THE VEGGIES

Wipe out the pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans** and **carrot** and cook, stirring, until tender, **4-5 minutes**. Add the **Asian greens** and **teriyaki sauce** and cook, stirring, until wilted, **2 minutes**.



### 6 SERVE UP

Thickly slice the chicken schnitzels. Divide the garlic rice among plates and top with the chicken schnitzel and teriyaki veggies. Sprinkle with the **crispy shallots** and serve with the garlic-soy aioli. Garnish the adults' portions with the coriander.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
butter*	40g
jasmine rice	2 packets
water*	2½ cups
salt* (for the rice)	½ tsp
chicken breast	1 packet
carrot	2
green beans	1 bag (100g)
Asian greens	1 bunch
coriander	1 bag
garlic aioli	1 tub (100g)
soy sauce*	1½ tsp
plain flour*	½ cup
salt* (for the crumb)	2 tsp
eggs*	2
panko breadcrumbs	2 packets
teriyaki sauce	1 packet (130g)
crispy shallots	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4090kJ (978Cal)	949kJ (227Cal)
Protein (g)	50.6g	11.7g
Fat, total (g)	36.5g	8.5g
- saturated (g)	11.3g	2.6g
Carbohydrate (g)	108g	25.1g
- sugars (g)	11.0g	2.5g
Sodium (g)	2190mg	507mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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