

ASIAN CHICKEN SCHNITZEL RICE BOWL

with Teriyaki Veg & Garlic-Soy Aioli





Add extra flavour to aioli with soy sauce











Green Beans



Asian Greens



Coriander





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

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



COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic *TIP: The rice will finish cooking in its own steam so don't peek!



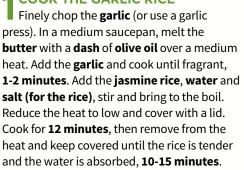
GET PREPPED

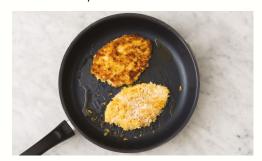
While the rice is cooking, place the chicken breast between two sheets of baking paper. Pound the chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm thick. Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the green beans. Roughly chop the Asian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



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.





FRY THE CHICKEN

Heat a large frying pan over a mediumhigh 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.



COOK THE VEGGIES

Wipe out the pan and return to a mediumhigh 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.



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!

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*	⅓ cup
salt* (for the crumb)	2 tsp
eggs*	2
panko breadcrumbs	2 packets
teriyaki sauce	1 packet (130g)
crispy shallots	1 packet

*Pantry Items

PER SERVING	PER 100G
4090kJ (978Cal)	949kJ (227Cal)
50.6g	11.7g
36.5g	8.5g
11.3g	2.6g
108g	25.1g
11.0g	2.5g
2190mg	507mg
	4090kJ (978Cal) 50.6g 36.5g 11.3g 108g 11.0g

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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