



Asian Chicken Schnitzel & Garlic Rice

with Saucy Veggies & Mayo

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Grab your meal kit with this number

2



Garlic



Jasmine Rice



Baby Broccoli



Asian Greens



Chicken Breast



Sweet Soy Seasoning



Panko Breadcrumbs



Teriyaki Sauce



Mayonnaise



Diced Bacon



Chicken Thigh

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Give chicken schnitzel an Asian-style twist by seasoning it in a sweet soy spice blend, plus a side of saucy veggies. It's such a crowd-pleasing combo that you'd better prepare for repeat requests!

Pantry items

Olive Oil, Butter, 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 lid · Air fryer or Large frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby broccoli	½ medium bunch	1 medium bunch
Asian greens	1 packet	2 packets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3253kJ (777Cal)	501kJ (119Cal)
Protein (g)	51.7g	8g
Fat, total (g)	32.7g	5g
- saturated (g)	9.2g	1.4g
Carbohydrate (g)	68.8g	10.6g
- sugars (g)	17.9g	2.8g
Sodium (mg)	1852mg	285mg
Dietary Fibre (g)	6.7g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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 | CW50



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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

4



Cook the chicken

- Set your air fryer to **200°C**. Place **crumbed chicken** into air fryer basket and cook, turning halfway, until golden and cooked through (when no longer pink inside), **12-15 minutes**.

TIP: No air fryer? In a large frying pan, heat enough olive oil to coat the base of the pan over to medium-high. When oil is hot, cook crumbed chicken, in batches, until golden on the outside and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

CUSTOM OPTIONS



ADD DICED BACON

Cook with veggies, breaking up with a spoon, 4-6 minutes.

2



Get prepped

- Meanwhile, halve any thicker stalks of **baby broccoli** (see ingredients) lengthways and cut into thirds.
- Roughly chop **Asian greens**.
- Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick.

5



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high. Cook **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**.
- Add **teriyaki sauce**, the **soy sauce** and a good pinch of **pepper** and cook, stirring, until heated through, **1 minute**.

3



Crumb the chicken

- In a shallow bowl, add **sweet soy seasoning**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs**, **olive oil** (2tbs for 2 people / ¼ cup for 4 people) and a pinch of **salt**.
- Coat **chicken** first in the **spice blend**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

TIP: No air fryer? Leave the oil out of the crumb!

6



Serve up

- Slice chicken schnitzels.
- Divide garlic rice between bowls. Top with chicken and veggies.
- Serve with **mayonnaise**. Enjoy!

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

