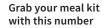


Asian Chicken Schnitzel & Garlic Rice

with Saucy Veggies & Mayo

KID FRIENDLY

AIR FRYER FRIENDLY













Baby Broccoli Asian Greens





Chicken Breast





Seasoning

Panko Breadcrumbs

Teriyaki Sauce



Mayonnaise





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



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 \cdot Air fryer or Large frying pan \cdot 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.



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!



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.



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!



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 mediumhigh. 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.



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.



Serve up

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





ADD DICED BACON

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

