



# Asian Chicken Schnitzel & Brown Rice

with Teriyaki Veggies & Garlic Soy Aioli

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Carrot



Broccoli



Asian Greens



Southeast Asian Spice Blend



Panko Breadcrumbs



Teriyaki Sauce



Garlic Aioli



Chicken Breast

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Eat Me Early

Give chicken schnitzel an Asian-style twist by seasoning it in a Southeast Asian inspired spice blend, plus a bed of brown rice and a side of teriyaki veggies. It's such a crowd-pleasing combo that you'd better prepare for repeat requests!

### Pantry items

Olive Oil, Egg, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
brown rice	1 packet	2 packets
carrot	1	2
broccoli	½ head	1 head
Asian greens	1 bunch	2 bunches
chicken breast	1 packet	1 packet
Southeast Asian spice blend	1 sachet	1 sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 packet	1 packet
teriyaki sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3867kJ (924Cal)	627kJ (150Cal)
Protein (g)	49.9g	8.1g
Fat, total (g)	39.9g	6.5g
- saturated (g)	10.5g	1.7g
Carbohydrate (g)	88.6g	14.4g
- sugars (g)	15.8g	2.6g
Sodium (mg)	1826mg	296mg

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](https://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 brown rice

- Finely chop **garlic**.
- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- Drain **rice** and set aside.
- Return saucepan to medium heat with a dash of **olive oil**. Cook **garlic** until fragrant, **1-2 minutes**.
- Return **rice** to the saucepan, stir to combine. Remove from heat.



## Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **broccoli** with a splash of **water**, tossing, until tender, **5-6 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**.
- Add **teriyaki sauce**, the **soy sauce** and a pinch of **pepper** and cook, stirring, until heated through, **1 minute**. Transfer to a plate and cover to keep warm.



## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Cut **broccoli** (see ingredients) into small florets, then roughly chop the stalk. 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.



## Cook the chicken

- Wipe out the frying pan, then return to medium-high heat with enough **olive oil** to coat the base of the pan.
- 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.

**TIP:** Add extra oil if needed so the chicken doesn't stick to the pan.



## Crumb the chicken

- In a shallow bowl, add **Southeast Asian spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and a pinch of **salt**.
- Coat **chicken** first in the **spice blend**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.



## Serve up

- Slice Asian chicken schnitzels.
- Divide garlic brown rice between bowls. Top with teriyaki veggies and chicken.
- Serve with **garlic aioli**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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