



Asian Chicken Schnitzel & Garlic Rice

with Teriyaki Veggies & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Courgette



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 side of teriyaki 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

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 with a lid · 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*	1 ¼ cups	2 ½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
courgette	1	2
Asian greens	1 bunch	2 bunches
chicken breast	1 packet	1 packet
Southeast Asian spice blend	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	1 packet	1 packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4091kJ (978Cal)	661kJ (158Cal)
Protein (g)	50.4g	8.1g
Fat, total (g)	38.6g	6.2g
- saturated (g)	10.2g	1.6g
Carbohydrate (g)	105.8g	17.1g
- sugars (g)	15.9g	2.6g
Sodium (mg)	1828mg	295mg

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



2022 | CW43



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 water is absorbed, **10-15 minutes**.

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



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **courgette**, 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**. Transfer to a plate and cover to keep warm.



Get prepped

- Meanwhile, thinly slice **carrot** and **courgette** into half-moons. 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.
- 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 chicken schnitzels. Divide garlic rice between bowls. Top with teriyaki veggies and chicken.
- Serve with **garlic aioli**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate