



# Crumbed Chicken & Sri Lankan Coconut Sauce

with Garlic Veggies & Sesame Rice

Grab your Meal Kit with this symbol



Sesame Seeds



Basmati Rice



Garlic



Asian Greens



Carrot



Chicken Breast



Panko Breadcrumbs



Baby Spinach Leaves



Coconut Cream



Sri Lankan Spice Blend



Chicken-Style Stock Powder

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**

Eat Me Early

We've turbo-charged schnitzel night with some unexpected, yet delightful additions! You'll find a featuring of a too good to be true creamy coconut sauce infused with Sri Lankan-style spices, some fluffy rice and a helping of garlic veggies. With immaculate combos like these, it's nothing but happy days ahead!

### Pantry items

Olive Oil, Butter, Plain Flour, Egg

## 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
butter*	20g	40g
sesame seeds	1 sachet	1 sachet
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
garlic	2 cloves	4 cloves
Asian greens	1 head	2 heads
carrot	1	2
chicken breast	1 packet	1 packet
plain flour*	1 tbs	2 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
coconut cream	1 tin (200ml)	1 tin (400ml)
Sri Lankan spice blend	1 sachet	1 sachet
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4328kJ (1034Cal)	695kJ (166Cal)
Protein (g)	49.8g	8g
Fat, total (g)	48.6g	7.8g
- saturated (g)	32.7g	5.3g
Carbohydrate (g)	98.3g	15.8g
- sugars (g)	8.9g	1.4g
Sodium (mg)	2133mg	343mg

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.



## 1 Make the sesame rice

In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Toast the **sesame seeds** until browned, **1 minute**. Add the **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## 4 Cook the chicken schnitzels

Wipe out the frying pan, then return to a medium-high heat with enough **olive oil** to cover the base. Cook the **crumbed chicken** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

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



## 2 Get prepped

While the rice is cooking, finely chop the **garlic**. Roughly chop the **Asian greens**. Thinly slice the **carrot** into half-moons. Place each **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick. In a shallow bowl, combine the **plain flour** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Coat the **chicken** in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.



## 5 Make the coconut sauce

Wipe out the frying pan, then return to a medium heat. Cook the **coconut cream**, **Sri Lankan spice blend** and **chicken-style stock powder** (see ingredients), stirring, until slightly thickened, **1-2 minutes**.



## 3 Cook the garlic veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** until tender, **3-4 minutes**. Add the **Asian greens**, **baby spinach leaves** and **garlic** and cook until just wilted and fragrant, **1-2 minutes**. Season. Transfer to a bowl and cover to keep warm.



## 6 Serve up

Slice the chicken. Divide the sesame rice, crumbed chicken and garlic veggies between plates. Pour over the Sri Lankan coconut sauce to serve.

## Enjoy!