



Peanut-Crumbed Beef Schnitzel

with Japanese-Style Slaw & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Spring Onion



Baby Spinach Leaves



Panko Breadcrumbs



Crushed Peanuts



Beef Schnitzel



Japanese Dressing



Garlic Aioli



Shredded Cabbage Mix

Hands-on: 30-40 mins
Ready in: 30-40 mins

Who doesn't love a good, crumbed schnitzel? We've switched the protein up by using beef, then paired it with a crunchy, Asian-inspired slaw and aromatic garlic rice. For the finishing touch, we've added creamy garlic aioli to make this a certified household hit.

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
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
carrot	1	2
spring onion	1 stem	2 stems
baby spinach leaves	1 bag (30g)	1 bag (60g)
plain flour*	1 tbs	2 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
crushed peanuts	1 packet	2 packets
beef schnitzel	1 packet	1 packet
Japanese dressing	1 packet (30g)	2 packets (60g)
garlic aioli	1 sachet (50g)	1 sachet (100g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4257kJ (1017Cal)	799kJ (190Cal)
Protein (g)	55.3g	10.4g
Fat, total (g)	43.1g	8.1g
- saturated (g)	10.9g	2g
Carbohydrate (g)	101.3g	19g
- sugars (g)	10.5g	2g
Sodium (mg)	1110mg	208mg

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

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



Cook the beef

When the rice has **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **beef** in batches until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel, season with **salt** and set aside to rest.

TIP: Add extra oil between batches if needed.



Get prepped

While the rice is cooking, grate the **carrot**. Thinly slice the **spring onion**. Roughly chop the **baby spinach leaves**.



Make the slaw

While the beef is cooking, combine the **Japanese dressing** and **garlic aioli** in a medium bowl. Add the **carrot**, **baby spinach** and **shredded cabbage mix**. Toss to coat and season to taste.



Crumb the beef

In a shallow bowl, combine the **plain flour**, the **salt** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and 1/2 the **crushed peanuts**. Separate the **beef schnitzels** (they may be stuck together). Coat each **beef schnitzel** first in the **flour mixture**, followed by the **egg** and finally the **panko-peanut mixture**. Transfer to a plate.



Serve up

Slice the peanut-crumbed beef schnitzel. Divide the garlic rice, Japanese-style slaw and beef between plates. Garnish with the spring onion and remaining crushed peanuts to serve.

Enjoy!