



Vegan Schnitzel with Vegetable Curry & Rice

inspired by Japanese cuisine

Vegan

Total time: 35 min. • Based on 2 servings



Veggie schnitzel



Onion



Eggplant



Romano pepper



Green curry spices



Red chili pepper



Garlic



Jasmine rice



Black sesame seeds



Ginger stir fry sauce



Scallions



Carrot

A fresh start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Equipment

Frying pan, pan with lid attachment, sauté pan with lid attachment

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veggie schnitzel* (pcs)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	½	1	1½	2	2½	3
Romano pepper* (pcs)	½	1	1½	2	2½	3
Green curry spices (sachets)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Garlic (cloves)	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Black sesame seeds (g) 3	2½	5	7½	10	12½	15
Ginger stir fry sauce (sachets)	½	1	1½	2	2½	3
Scallions* (pcs)	1½	3	4½	6	7½	9
Carrot* (pcs)	¼	½	¾	1	1¼	1½
Not included						
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Caster sugar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

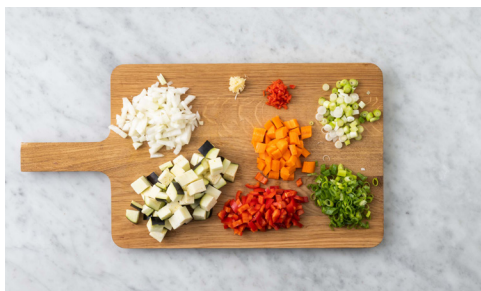
* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3181 / 760	622 / 149
Total fat (g)	26	5
Of which: saturated (g)	3,2	0,6
Carbohydrates (g)	102	20
Of which: sugars (g)	23,5	4,6
Fibre (g)	14	3
Protein (g)	18	4
Salt (g)	3,5	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



Step 1:

Finely chop the **onion** and crush or mince the **garlic**. Deseed the **Romano pepper** and **red chili pepper** and finely chop both. Dice the **carrot** and the **eggplant**. Finely chop the **scallions** into rings and set aside the greens to use as garnish.



Step 2:

Heat ½ tbsp sunflower oil per person in a sauté pan over medium-high heat. Fry the **garlic** with the white part of the **scallions**, the **chili pepper**, **onion**, **Romano pepper**, **carrot**, and the **eggplant** for 2 - 3 minutes. Add (per person) ½ tbsp flour and ½ sachet **green curry spices**. Fry for 2 - 3 minutes or until the spices become fragrant.



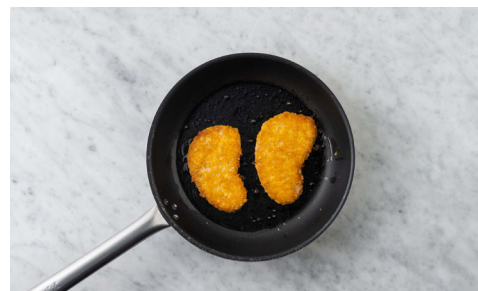
Step 3:

Bring plenty of water to a boil in a lidded pan and cook the **rice**, covered, for 12 - 15 minutes. Drain and set aside.



Step 4:

Deglaze the sauté pan with the **ginger stir fry sauce** and (per person) 150ml water and ½ tbsp caster sugar. Crumble the stock cube into the pan, cover and let everything simmer for 10 - 15 minutes.



Step 5:

In the meantime, heat 1 tbsp sunflower oil per person in a frying pan over medium-high heat. Once the oil is hot, carefully place the **schnitzel** in the pan and fry for 3 - 4 minutes per side until golden brown.



Step 6:

Serve the **rice** and **curry** on plates. Cut the **schnitzel** into strips and place on top of the **rice**. Garnish with the **black sesame seeds** and the **scallion greens**.

Enjoy!