



# Russell Hobbs

25L AIR FRYER OVEN Recipe

FUNCTION: Defrost

FROZEN ASIAN STIR FRY & CHICKEN SCHNITZEL

**Temperature:** 180°C

Cooking Time: 20 minutes

Servings: 2

## INGREDIENTS

2 cups frozen vegetable stir fry

4 frozen chicken schnitzel

3 tbsp soy, honey & ginger stir-fry sauce

Sesame seeds for serving

## METHOD

1. Place your frozen vegetables in the basket of the Russell Hobbs Air fryer Oven and select the “defrost” function for 10 minutes at 150 degrees.
2. Once completely thawed switch over to the “air fry” function for 3 minutes at 180 degrees.
3. Once cooked, season the vegetables with a mixture of rosemary, soy sauce, honey and ginger stir-fry sauce.
4. Selecting the “DEFROST” function, allow your frozen chicken schnitzel to defrost for 10 minutes at 180 degrees.
5. Once the chicken is completely thawed, select the “air fry” function for 10 minutes and set at 160 degrees. Thinly slice the chicken into strips if desired.
6. Serve the schnitzel with the stir fry style vegetables, you can also add instant noodles if desired to this dish and garnish with sesame seeds.

Chef's tip: Slicing your frozen chicken into slices and cooking them with the frozen vegetables is acceptable as both the ingredients are raw.