



WCOOK

Vegetarian Halloumi Bao Buns

with pickled carrot ribbons, cucumber & a sticky Asian sauce

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	1024kJ	8396kJ
Energy	245kcal	2008kcal
Protein	9g	73.8g
Carbs	33g	269g
of which sugars	3.8g	30.8g
Fibre	2.7g	22.3g
Fat	8.4g	68.7g
of which saturated	3.8g	31.4g
Sodium	523mg	4290mg

Allergens: Cow's Milk, Egg, Gluten, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

15ml	30ml	Rice Wine Vinegar
120g	120g	Carrot <i>rinse, trim & peel into ribbons</i>
5ml	10ml	Black Sesame Seeds
30ml	60ml	Sticky Asian Sauce <i>(5ml [10ml] Gochujang, 10ml [20ml] Tomato Sauce, 10ml [20ml] Low Sodium Soy Sauce & 5ml [10ml] Sesame Oil)</i>
100ml	200ml	Panko Breadcrumbs
120g	240g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
3	6	Bao Buns <i>keep frozen</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel
Colander
Seasoning (salt & pepper)

1. IN A PICKLE In a bowl, combine the vinegar, 5ml sweetener (to taste), seasoning, and a splash of warm water. Toss through the carrot and set aside to pickle. Drain just before serving.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAUCY In a small bowl, loosen the sticky Asian sauce with water in 5ml increments until drizzling consistency. Set aside.

4. YUMMY CRUMB Boil the kettle. In a bowl, whisk 1 egg with 1 tbsp of water. Prepare a second bowl containing the breadcrumbs (seasoned lightly). Toss the halloumi in the bowl with the whisked egg, then coat in the seasoned breadcrumbs, shaking off any excess.

5. BAO BUNS Remove the bao buns from the freezer. Place a pot over medium-high heat with 3-4 cm of boiling water covering the base. Once steaming, place the frozen bao buns in a greased colander over the pot. Cover and steam for 6-8 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Once steamed, gently open each bun. Cover to keep warm.

6. CRISPY HALLOUMI While the baos are steaming, return the pan to medium heat with enough oil to cover the base. When hot, fry the halloumi until golden, about 1 minute per side. Remove from the pan, drain on paper towel, and season.

7. DELISH DISH! Fill each bao bun with the cucumber and the carrot. Top with the crispy halloumi. Drizzle over the sticky Asian sauce. Sprinkle over the sesame seeds, and garnish with the coriander. Well done, Chef!