



# UCOOK

## Marvellous Mushroom Bao Buns

with pickled veg, coriander & hoisin  
sauce

Bouncy steamed bao buns, brimming with popping soy and hoisin sauce infused mushrooms, and pickled veg. Sprinkled with spring onion, fresh coriander, and black sesame seeds. Looks gourmet, tastes gourmet, and right in your own kitchen!

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Alex Levett

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 Vegetarian

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 Warwick Wine Estate | First Lady Sauvignon  
Blanc

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## Ingredients & Prep

|        |                                                                                             |
|--------|---------------------------------------------------------------------------------------------|
| 150g   | Cucumber<br><i>sliced into half-moons</i>                                                   |
| 225g   | Julienne Carrot                                                                             |
| 67,5ml | Pickling Liquid<br><i>(45ml Rice Wine Vinegar<br/>&amp; 22,ml Honey)</i>                    |
| 30g    | Peanuts                                                                                     |
| 85ml   | Kewpie Mayo                                                                                 |
| 375g   | Button Mushrooms<br><i>wiped clean &amp; roughly<br/>sliced</i>                             |
| 3      | Spring Onions<br><i>finely sliced, keeping the<br/>white &amp; green parts<br/>separate</i> |
| 45ml   | Low Sodium Soy Sauce                                                                        |
| 125ml  | Hoisin Sauce                                                                                |
| 12g    | Fresh Coriander<br><i>rinsed, picked &amp; roughly<br/>chopped</i>                          |
| 9      | Bao Buns                                                                                    |
| 45g    | Pickled Ginger<br><i>drained &amp; roughly<br/>chopped</i>                                  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. IN A PICKLE** In a bowl, place the cucumber half-moons, julienne carrot, pickling liquid, and 45ml of water. Toss until the veg is fully coated and set aside to pickle.

**2. LET'S GET TOASTY** Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting regularly. Remove from the pan on completion and set aside. Loosen the kewpie mayo with water in 5ml increments until drizzling consistency.

**3. HOISIN MUSHROOMS** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 5-6 minutes until soft and golden, shifting as they colour. You may need to do this step in batches. Add the spring onion whites and fry for 2-3 minutes until soft. Mix through the soy sauce, hoisin, and some seasoning (be cautious, the soy sauce is salty!). Allow to caramelise for 3-5 minutes, shifting occasionally. Remove from the heat and stir through ½ of the chopped coriander. Cover and set aside.

**4. BOUNCY BAO** Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the bao buns in a colander over the pot. Cover and allow to steam for 5-6 minutes until cooked through and soft. Alternatively, use a steamer if you have one. You may need to do this step in batches. Once cool enough to handle, use a knife to gently open each bun. Drain the pickling liquid from the cucumber and carrot — lose it or reuse it!

**5. BAO DELIGHTFUL!** Fill each bao bun with the pickled carrot and cucumber and the hoisin-soy mushrooms. Sprinkle over the pickled ginger, the toasted peanuts, spring onion greens, and the remaining chopped coriander. Drizzle over the kewpie mayo and serve with any remaining carrot and cucumber. Tuck in!



## Chef's Tip

Any leftover pickling liquid? Store it in the fridge, and use it for a second time in another meal!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 741kJ   |
| Energy             | 177Kcal |
| Protein            | 4.6g    |
| Carbs              | 24g     |
| of which sugars    | 5.7g    |
| Fibre              | 2.4g    |
| Fat                | 2.2g    |
| of which saturated | 0.4g    |
| Sodium             | 396mg   |

## Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook  
within 1  
Day