



UCOOK

The Best Chicken Bao Buns

with pickled veg & plum sauce

Ribbons of pickled cucumber & carrot bring the sweet-sour, browned chicken mince doused in plum sauce bring the salty, and steamed bao buns bring the fluffy. Finished with fresh coriander & black sesame seeds for a bao that will wow!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

150g	Cucumber <i>rinsed & peeled into ribbons</i>
240g	Carrot <i>rinsed, peeled, trimmed & cut into matchsticks</i>
45ml	Lime Juice
450g	Free-range Chicken Mince
90ml	Plum Sauce
8g	Fresh Coriander <i>rinsed & roughly chopped</i>
9	Bao Buns
15ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. PICKLE PARTY Boil the kettle. In a bowl, toss together the cucumber ribbons, the carrot matchsticks, the lime juice, a sweetener, and 30ml of cold water. Set aside to pickle.

2. PLUM SAUCE MINCE Place a pot over medium-high heat with 3-4cm of boiling water covering the base for Step 3. Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Remove from the heat and stir through the plum sauce, a splash of water, and ½ the chopped coriander. Cover and set aside.

3. BAO BUNS Once the water in the pot is steaming, place the bao buns in an oiled colander over the pot. Cover and allow to steam until heated through and soft, 5-6 minutes. 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 & carrot – lose it or reuse it!

4. TAKE A BAO! Fill each bao bun with the plum sauce chicken mince and ribbons of the pickled veg. Sprinkle over the remaining chopped coriander and the black sesame seeds. Serve any remaining pickled veg on the side. Amazing, Chef!

Nutritional Information

Per 100g

Energy	846kJ
Energy	202kcal
Protein	8.1g
Carbs	31g
of which sugars	5.3g
Fibre	1.7g
Fat	4.7g
of which saturated	0.9g
Sodium	400mg

Allergens

Gluten, Sesame, Wheat

Cook
within 1
Day