

UCOOK

BBQ Beef Bao Buns

with pickled cucumber & carrots

Get ready to say 'wow' once you taste this bao, Chef! Bite into a fluffy steamed bao bun generously filled with fresh greens, BBQ-soy glazed beef strips, and pickled grated carrot & cucumber matchsticks. Completed with coriander and toasted sesame seeds for that restaurant look.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Morgan Otten

 Adventurous Foodie

 Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

30ml	Rice Wine Vinegar
100g	Cucumber <i>rinse & cut into matchsticks</i>
120g	Carrot <i>rinse, trim, peel & grate</i>
10ml	Black Sesame Seeds
6	Bao Buns
300g	Free-range Beef Strips <i>pat dry with paper towel & thinly slice</i>
100ml	BBQ Sauce <i>(80ml BBQ Sauce & 20ml Low Sodium Soy Sauce)</i>
40g	Salad Leaves <i>rinse & finely shred</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. IN A PICKLE In a bowl, combine the vinegar, 20 ml of sweetener, and 2 tbsp of cold water. Toss through the cucumber matchsticks and the grated carrot. Season and set aside in the fridge.

2. TOAST 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. BAO BUNS Place a pot over medium-high heat with 3-4cm of boiling water covering the base. Once the water is steaming, oil the colander. Place the bao buns in the 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. Once cool enough to handle, use a knife to gently open each bun.

4. BBQ STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with the BBQ sauce. Remove from the pan and season.

5. DRESSED LEAVES In a salad bowl, dress the shredded leaves with a drizzle of olive oil and season.

6. DINNER IS READY Fill each bao bun with the salad leaves, the BBQ beef strips, and the pickled veg. Sprinkle over the chopped coriander, and the toasted sesame seeds. Serve with the remaining pickled veg on the side. Gourmet, Chef!

Nutritional Information

Per 100g

Energy	804kJ
Energy	192kcal
Protein	9g
Carbs	29g
of which sugars	3.8g
Fibre	1.8g
Fat	4.4g
of which saturated	0.7g
Sodium	458mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days