



# UCCOOK

## Chicken Fillet Bao Buns

with pickled veg & hoisin sauce

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

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Vergelegen | Premium Chardonnay

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## Ingredients & Prep

100g	Cucumber <i>peeled into ribbons</i>
120g	Carrot <i>peeled, trimmed &amp; grated</i>
30ml	Rice Vinegar
6	Bao Buns
300g	Free-range Chicken Mini Fillets
60ml	Hoisin Sauce
8g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
10ml	Black Sesame Seeds

## From Your Kitchen

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

**1. PICKLE PARTY** Boil the kettle. In a bowl, place the cucumber ribbons, the grated carrot, the rice wine vinegar, a sweetener, and 20ml of cold water. Toss to coat and set aside.

**2. BAO BUNS** Place a pot over medium-high heat with 3-4cm of boiling water covering the base. Once the water in the pot 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. 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.

**3. HOISIN CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the heat, roughly shred, and stir through the hoisin, a splash of warm water, and season.

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



## 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	829kj
Energy	198kcal
Protein	9.1g
Carbs	31g
of which sugars	5.1g
Fibre	1.7g
Fat	3.8g
of which saturated	0.6g
Sodium	486mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 3  
Days