



UCOOK

Muratie's Korean Chicken Bao Buns

with kewpie mayo, pickled onion & cucumber

Soft bao buns are filled with battered & fried chicken pieces coated in a beautiful gochujang-soy-honey sauce. Topped with pickled onion & cucumber, a kewpie mayo drizzle, and toasted sesame seeds. The finishing touch is a sprinkle of fragrant coriander.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Muratie Winery

Adventurous Foodie

Muratie Wine Estate | Muratie Laurens
Campher White Blend 2021

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Ingredients & Prep

15ml	Rice Wine Vinegar
1	Onion <i>peel & thinly slice ¼</i>
100g	Cucumber <i>rinse & peel into ribbons</i>
25ml	Kewpie Mayo
5ml	Black Sesame Seeds
80ml	Flour Mix <i>(40ml Cornflour & 40ml Cake Flour)</i>
150g	Free-range Chicken Mini Fillets
3	Bao Buns <i>keep frozen</i>
50ml	Chicken Sauce <i>(7,5ml Gochujang, 15ml Mrs Balls Chutney, 10ml Tomato Sauce, 10ml Low Sodium Soy Sauce, 2,5ml Honey & 5ml Sesame Oil)</i>
3g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. PREP In a bowl, combine the vinegar, 5ml sweetener, seasoning, and a splash of warm water. Toss through the sliced onion and the cucumber ribbons. Set aside. In a small bowl, slightly loosen the mayo with a splash of warm water. Set aside.

2. SEEDS 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. COAT Boil the kettle. In a bowl, whisk 1 egg with 1 tbsp of water. Prepare a second bowl containing the flour mix (seasoned lightly). Toss the chicken mini fillets in the bowl with the whisked egg, then coat in the seasoned flour mix, shaking off any excess.

4. BAOS 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 a 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.

5. SAUCY While the baos are steaming, place the chicken sauce in a bowl. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the coated chicken pieces until golden and cooked through, 1-2 minutes per side. Remove the fried chicken from the pan and immediately toss through the bowl with the chicken sauce until coated. Season, if necessary. Drain the pickling liquid from the veg before serving.

6. DELISH! Fill each bao bun with the pickled onion & cucumber and top with the Korean fried chicken. Drizzle over the loosened mayo. Sprinkle over the toasted sesame seeds and garnish with the picked coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	857kj
Energy	205kcal
Protein	8g
Carbs	30g
of which sugars	4.4g
Fibre	1.5g
Fat	4g
of which saturated	0.6g
Sodium	370mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
3 Days