



UCOOK

The Best Beef Bao Buns

with pickled veg, coriander & hoisin sauce

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

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Boschendal | Chardonnay Pinot Noir

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Ingredients & Prep

200g	Cucumber <i>peeled into ribbons</i>
300g	Julienne Carrot
90ml	Pickling Liquid <i>(60ml Rice Wine Vinegar & 30ml Honey)</i>
4	Spring Onions <i>roughly sliced, keeping the white & green parts separate</i>
600g	Free-range Beef Mince
60ml	Low Sodium Soy Sauce
170ml	Hoisin Sauce
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
8	Bao Buns <i>defrosted</i>
30ml	Black Sesame Seeds

From Your Kitchen

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

1. IN A PICKLE Boil the kettle. In a large bowl, place the cucumber ribbons, julienne carrot, pickling liquid, and 60ml of cold water. Toss until the veg is fully coated and set aside to pickle.

2. HOISIN-SOY Place a pot over a medium-high heat with 3-4cm of boiling water covering the base for Step 3. Place a pan over a medium-high heat with a drizzle of oil. Once hot, add the spring onion whites and fry for 2-3 minutes until soft and translucent, shifting occasionally. Add the beef mince and work quickly to break it up as it starts to cook. Allow to cook for 7-8 minutes until browned, stirring occasionally. Mix through the soy sauce, hoisin, and some seasoning (be cautious, the soy sauce is salty!). Allow it to caramelize for 3-5 minutes, shifting occasionally. Remove from the heat and stir through ½ of the chopped coriander. Cover and set aside.

3. BOUNCY BAO Once the water in the pot is 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!

4. TAKE A BAO! Fill each bao bun with the hoisin-soy beef mince and ribbons of the pickled veg. Sprinkle over the spring onion greens, the remaining chopped coriander, and the black sesame seeds. Serve with any remaining pickled veg. Gourmet, 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	662kJ
Energy	158Kcal
Protein	10.3g
Carbs	16g
of which sugars	3.7g
Fibre	1.7g
Fat	4.4g
of which saturated	1.7g
Sodium	225mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days