



UCOOK

Punchy Pork Bao Buns

with pickled cucumber & toasted sesame seeds

Bouncy, steamed bao buns brimming with hoisin-infused pork mince and pickled cucumber & red onion. Sprinkled with fresh coriander & poppin' sesame seeds. Looks gourmet, tastes gourmet, but straight outta your own kitchen, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

2	Red Onions <i>peeled & finely sliced</i>
600g	Pork Mince
160ml	Hoisin Sauce
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
200g	Cucumber
80ml	Rice Wine Vinegar
20ml	White Sesame Seeds
12	Bao Buns <i>kept frozen</i>

From Your Kitchen

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

1. NO PORKIN' AROUND Place a pan over medium-high heat with a drizzle of oil. When hot, add ½ the sliced onion and fry for 4-6 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Fry for 7-8 minutes or until browned and caramelised, shifting occasionally. Add the hoisin sauce and fry for a further 2-3 minutes until sticky and caramelised. Add ½ the chopped coriander and seasoning. Cover to keep warm for serving.

2. PREP SCHOOL While the mince is frying, cut the cucumber into matchsticks and place in a bowl along with the remaining onion. Add the vinegar, 60ml of water, 20ml of a sweetener of choice, and seasoning. Toss until combined and set aside to pickle.

3. GOLDEN SEEDS Boil the kettle. Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

4. BOUNCY BAO Remove the bao buns from the freezer. Place a large pot over medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the frozen bao buns in a colander over the pot. Cover and allow to steam for 4-5 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Once cool enough to handle, use a knife to gently open each bun. Drain the pickling liquid from the cucumber — lose it or reuse it!

5. UMAMI NIGHT Fill each bao bun with the flavourful pork mince and the pickled cucumber & onion. Sprinkle the remaining coriander and the toasted sesame seeds over the mince. Close it up and dig in, Chef!

Nutritional Information

Per 100g

Energy	973kJ
Energy	232kcal
Protein	8.2g
Carbs	32g
of which sugars	5.7g
Fibre	1.6g
Fat	7.4g
of which saturated	2g
Sodium	537mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 1
Day