



# UCCOOK

## The Best Chicken Bao Buns

with pickled veg & hoisin sauce

Bouncy steamed bao buns overflow with succulent hoisin-infused chicken mince and zingy pickled veg. Sprinkled with spring onion, fresh coriander, and black sesame seeds, this dish is hard to beat! We like bao buns and we cannot lie...

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**Hands-On Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Quick & Easy

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 Boschendal | Grande Cuvée Vintage Brut

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## Ingredients & Prep

150g	Cucumber <i>peeled into ribbons</i>
225g	Julienne Carrot
67,5ml	Pickling Liquid <i>(45ml Rice Wine Vinegar &amp; 22,5ml Honey)</i>
3	Spring Onions <i>roughly sliced, keeping the white &amp; green parts separate</i>
450g	Free-range Chicken Mince
45ml	Low Sodium Soy Sauce
125ml	Hoisin Sauce
12g	Fresh Coriander <i> rinsed &amp; roughly chopped</i>
6	Bao Buns
22,5ml	Black Sesame Seeds

## From Your Kitchen

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

**1. PICKLE PARTY** Boil the kettle. In a large bowl, place the cucumber ribbons, julienne carrot, pickling liquid, and 45ml of cold water. Toss until the veg is fully coated and set aside to pickle.

**2. HOISIN SAUCE** 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 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 caramelise for 3-5 minutes until cooked through, shifting occasionally. Remove from the heat on completion and stir through ½ of the chopped coriander. Cover and set aside.

**3. THE FEAST-ER BUN-NY!** 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 chicken 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. 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	763kj
Energy	182Kcal
Protein	8.1g
Carbs	27g
of which sugars	5.9g
Fibre	1.4g
Fat	4.6g
of which saturated	0.9g
Sodium	480mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 1  
Day