



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!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

200g	Cucumber <i>peeled into ribbons</i>
240g	Carrot <i>peeled, trimmed & grated</i>
60ml	Rice Vinegar
12	Bao Buns
600g	Free-range Chicken Mini Fillets
125ml	Hoisin Sauce
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
20ml	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 40ml 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