



# UCOOK

## Korean Chicken Bao Buns

with kewpie mayo & pickled cucumber

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Waterkloof | Circumstance Chenin blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 609kJ    | 3176kJ      |
| Energy             | 146kcal  | 760kcal     |
| Protein            | 8.5g     | 44.5g       |
| Carbs              | 15g      | 76g         |
| of which sugars    | 4.1g     | 21.5g       |
| Fibre              | 1.1g     | 5.9g        |
| Fat                | 5.9g     | 31g         |
| of which saturated | 0.4g     | 2g          |
| Sodium             | 350mg    | 1823mg      |

**Allergens:** Sulphites, Egg, Gluten, Sesame, Sugar  
Alcohol (Sweetener), Wheat, Soya, Allium

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|       |       |   |
|-------|-------|---|
| 45ml  | 60ml  | Rice Wine Vinegar   |
| 300g  | 400g  | Cucumber<br><i>rinse &amp; peel into ribbons</i>  |
| 75ml  | 100ml | Kewpie Mayo   |
| 15ml  | 20ml  | Black Sesame Seeds  |
| 450g  | 600g  | Free-range Chicken Mini Fillets   |
| 150ml | 200ml | Flour Mix<br><i>(75ml [100ml] Cornflour &amp; 75ml [100ml] Cake Flour)</i>  |
| 9     | 12    | Bao Buns<br><i>keep frozen</i>  |
| 135ml | 180ml | Chicken Sauce<br><i>(22,5ml [30ml] Gochujang, 45ml [60ml] Mrs Balls Chutney, 30ml [40ml] Tomato Sauce, 30ml [40ml] Low Sodium Soy Sauce &amp; 7,5ml [10ml] Honey)</i> |
| 8g    | 10g   | Fresh Coriander<br><i>rinse &amp; pick</i>  |

**1. PREP** In a bowl, combine the vinegar, 15ml [20ml] of sweetener, seasoning, and a splash of warm water. Toss through the cucumber. 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 2 eggs with 2 tbsp of water. Prepare a second bowl containing the flour mix (seasoned lightly). Toss the chicken mini fillets in the bowl with the whisked eggs, 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 cucumber and top with the Korean fried chicken. Drizzle over the loosened mayo. Sprinkle over the toasted sesame seeds and garnish with the coriander. Well done, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Egg/s

Seasoning (salt & pepper)