



UCOOK

Boschendal Chicken & Homemade Steamed Buns

with smashed cucumber, caramelised onions & chilli flakes

Succulent pieces of chicken are tossed in a sweet and salty hoisin sauce, before being tossed through caramelised onions and served inside a fluffy homemade steamed bun. Sided with a zingy smashed cucumber salad, what could be better?

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Boschendal Wines

 Adventurous Foodie

 Boschendal | Rose Garden Rosé

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Ingredients & Prep

1	Red Onion <i>½ peeled & roughly sliced</i>
100g	Cucumber
37,5ml	Dressing <i>(15ml Rice Wine Vinegar, 7,5ml Sesame Oil & 15ml Low Sodium Soy Sauce)</i>
2,5ml	Dried Chilli Flakes
1	Free-range Chicken Breast <i>pat dry & cut into thin strips</i>
45ml	Hoisin Sauce
250ml	Self-raising Flour
100ml	Coconut Milk
20g	Salad Leaves <i>rinsed</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. ONION Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Remove from the pan and cover to keep warm.

2. CUCUMBER Using a rolling pin or bottle, smash the cucumber and slice into bite-sized chunks. In a bowl, combine the dressing with 1 tbsp of a sweetener of choice and the chilli flakes (to taste). Add the cucumber chunks and toss until coated. Marinate until serving.

3. CHICKEN Return the pan, wiped down if necessary, to a high heat with a drizzle of oil. When hot, add the chicken strips and fry for 1-2 minutes per side until golden. Remove from the heat and add the caramelised onions and the hoisin sauce to the pan. Toss until fully combined. Season to taste.

4. BUNS Boil the kettle. Place 200ml of the flour in a bowl. Slowly pour in the coconut milk, mixing to combine until you form a dough. Spread out the remaining flour on a flat surface and place the dough on top. Divide the dough into 3 pieces. Roll each piece into a ball. Using a rolling pin or bottle, roll each ball into a flat disc. On completion, place a heaping tablespoon of the filling in the center of each disc. Wrap the dough around the filling and pinch the edges together at the top to seal the dough together, fully encasing the filling. You may have some filling leftover, set it aside for serving.

5. STEAM Place a pot over a medium heat with 3-4cm of boiling water covering the base. Once steaming, place the dough buns, about 1cm apart from each other, in a colander over the pot. Cover and allow to steam for 12-15 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Just before serving, drain the dressing from the cucumbers and pour in a small bowl for serving. Add the rinsed salad leaves to the drained cucumber salad. Toss until fully combined.

6. UN-BUN-LIEVABLE! Serve the fluffy chicken-stuffed buns alongside the remaining chicken filling. Side with the smashed cucumber salad. Serve the dressing on the side for dunking. Sprinkle over the chopped coriander and any remaining chilli flakes. Well done, Chef!



Chef's Tip

Don't let your buns touch the sides of the colander or steamer, as the sides of the metal can become quite wet and can make your buns soggy.

Nutritional Information

Per 100g

Energy	616kJ
Energy	147Kcal
Protein	7.8g
Carbs	20g
of which sugars	3.2g
Fibre	0.9g
Fat	4.2g
of which saturated	2.2g
Sodium	193mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days