



UCOOK

Vegetarian Halloumi Bao Buns

with pickled carrot ribbons, cucumber & a sticky Asian sauce

Soft and fluffy bao buns are filled with cucumber rounds and pickled carrot ribbons, then topped with crispy & golden halloumi slices. Dolloped with a sticky sweet & tangy Asian sauce and sprinkled with toasted sesame seeds and fresh coriander. It's a masterpiece!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

Adventurous Foodie

Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

15ml	Rice Wine Vinegar
120g	Carrot <i>½ rinse, trim & peel into ribbons</i>
5ml	Black Sesame Seeds
30ml	Sticky Asian Sauce <i>(5ml Gochujang, 10ml Tomato Sauce, 10ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>
100ml	Panko Breadcrumbs
120g	Halloumi <i>cut into 1cm thick slices</i>
3	Bao Buns <i>keep frozen</i>
50g	Cucumber <i>rinse & cut into thin rounds</i>
3g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel
Colander

1. IN A PICKLE In a bowl, combine the vinegar, 5ml sweetener (to taste), seasoning, and a splash of warm water. Toss through the carrot ribbons and set aside to pickle. Drain just before serving.

2. OPEN SESAME 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. SAUCY In a small bowl, loosen the sticky Asian sauce with water in 5ml increments until drizzling consistency. Set aside.

4. YUMMY CRUMB Boil the kettle. In a bowl, whisk 1 egg with 1 tbsp of water. Prepare a second bowl containing the breadcrumbs (seasoned lightly). Toss the halloumi slices in the bowl with the whisked egg, then coat in the seasoned breadcrumbs, shaking off any excess.

5. BAO BUNS Remove the bao buns from the freezer. Place a pot over medium-high heat with 3-4 cm of boiling water covering the base. Once steaming, place the frozen bao buns in a greased colander over the pot. Cover and steam for 6-8 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Once steamed, gently open each bun. Cover to keep warm.

6. CRISPY HALLOUMI While the baos are steaming, return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed halloumi slices until golden, about 1 minute per side. Remove from the pan, drain on paper towel, and season.

7. DELISH DISH! Fill each bao bun with the cucumber rounds and the pickled carrot ribbons. Top with the crispy halloumi slices. Drizzle over the sticky Asian sauce. Sprinkle over the toasted sesame seeds, and garnish with the picked coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	1024kJ
Energy	245kcal
Protein	9g
Carbs	33g
of which sugars	3.8g
Fibre	2.7g
Fat	8.4g
of which saturated	3.8g
Sodium	523mg

Allergens

Cow's Milk, Egg, Gluten, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
3 Days