



UCCOOK

Korean Chicken Bao Buns

with kewpie mayo & pickled cucumber

Hands-on Time: 35 minutes

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

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s
Seasoning (salt & pepper)

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!