



UCOOK

Vegetarian Bao Buns

with plant-based chicken strips & fresh coriander

Get ready to hear a lot of 'Wow, wow, wow,' as you plate up steamed bao buns brimming with vegetarian chicken strips, coated in an umami-rich Asian sauce made with gochujang. Pickled carrot ribbons, cooling cucumber & herbaceous fresh coriander bring both freshness and out-of-this-world flavour.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie

Cathedral Cellar Wines | Cathedral Cellar-Chardonnay 2022

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Ingredients & Prep

45ml	Rice Wine Vinegar
240g	Carrot <i>rinse, trim & peel ¾ into ribbons</i>
180ml	Sticky Asian Sauce <i>(30ml Gochujang, 90ml Tomato Sauce, 45ml Low Sodium Soy Sauce & 15ml Sesame Oil)</i>
9	Bao Buns
600g	Plant-based Chicken Style Strips
150g	Cucumber <i>rinse & cut into thin rounds</i>
8g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. PICKLE MOMENT In a bowl, combine the vinegar, 15ml of sweetener, seasoning, and a splash of warm water. Toss through the carrot ribbons and set aside to pickle. Drain just before serving.

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

3. BAO BUNS Boil the kettle. 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 until cooked through and soft, 6-8 minutes. Alternatively, use a steamer if you have one. Once steamed, gently open each bun. Cover to keep warm. You may need to do this in batches. Once steamed, gently open each bun.

4. PLANT-BASED CHICKEN While the bao buns are steaming, place a pan over medium heat with enough oil to cover the base. When hot, fry the chicken strips until crispy, 1-2 minutes per side. You might need to do this step in batches. Remove from the heat and toss through the sticky Asian sauce.

5. TIME TO EAT Fill each bao bun with the cucumber rounds and the pickled carrot ribbons. Top with the sticky chicken strips and garnish with the picked coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	764kJ
Energy	183kcal
Protein	8.3g
Carbs	29g
of which sugars	4g
Fibre	1.9g
Fat	3.4g
of which saturated	0.5g
Sodium	432mg

Allergens

Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Soy

Eat
Within
4 Days