

Ingredients & Prep

200g	Cucumber <i>peeled into ribbons</i>
300g	Julienne Carrot
90ml	Pickling Liquid <i>(60ml Rice Wine Vinegar & 30ml Honey)</i>
30ml	Black Sesame Seeds
4	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
600g	Pork Mince
60ml	Low Sodium Soy Sauce
170ml	Hoisin Sauce
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
8	Bao Buns

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. IN A PICKLE In a large bowl, place the cucumber ribbons, julienne carrot, pickling liquid, and 60ml of water. Toss until the veg is fully coated and set aside to pickle.

2. TOASTY Place the black sesame seeds in a large pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion and set aside.

3. HOISIN-SOY Return the pan to a medium-high heat with a drizzle of oil. Once hot, add the spring onion whites and fry for 2-3 minutes until soft and translucent, shifting occasionally. Add in the pork mince and work quickly to break it up as it starts to cook. Allow to cook for 7-8 minutes until browned, stirring occasionally. Mix through the soy sauce, hoisin, and some seasoning (be cautious, the soy sauce is salty!). Allow it to caramelise for 3-5 minutes, shifting occasionally. Remove from the heat and stir through ½ of the chopped coriander. Cover and set aside.

4. BOUNCY BAO Boil the kettle. Place a large pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the bao buns in a colander over the pot. Cover and allow to steam for 5-6 minutes until cooked through and soft. Alternatively, use a steamer if you have one. You may need to do this step in batches. Once cool enough to handle, use a knife to gently open each bun. Drain the pickling liquid from the cucumber and carrot — lose it or reuse it!

5. GOURMET DELIGHT Fill each bao bun with the hoisin-soy pork mince and ribbons of the pickled veg. Sprinkle over the spring onion greens, the remaining chopped coriander, and the toasted black sesame seeds. Serve with the remaining pickled veg. Gourmet, Chef!



Chef's Tip

Any leftover pickling liquid? Store it in the fridge, and use it for a second time in another meal!

Nutritional Information

Per 100g

Energy	697kJ
Energy	166Kcal
Protein	7.9g
Carbs	13g
of which sugars	6.1g
Fibre	1.1g
Fat	9g
of which saturated	2.8g
Sodium	354mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 1
Day