



WCOOK

Vegetarian Halloumi Bao Buns

with pickled carrot ribbons, cucumber & a sticky Asian sauce

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	1024kJ	8396kJ
Energy	245kcal	2008kcal
Protein	9g	73.8g
Carbs	33g	269g
of which sugars	3.8g	30.8g
Fibre	2.7g	22.3g
Fat	8.4g	68.7g
of which saturated	3.8g	31.4g
Sodium	523mg	4290mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

45ml	60ml	Rice Wine Vinegar
240g	240g	Carrot <i>rinse, trim & peel into ribbons</i>
15ml	20ml	Black Sesame Seeds
90ml	120ml	Sticky Asian Sauce <i>(15ml [20ml] Gochujang, 30ml [40ml] Tomato Sauce, 30ml [40ml] Low Sodium Soy Sauce & 15ml [20ml] Sesame Oil)</i>
300ml	400ml	Panko Breadcrumbs
360g	480g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
9	12	Bao Buns <i>keep frozen</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Egg/s

Paper Towel

Colander

Seasoning (salt & pepper)

1. IN A PICKLE In a bowl, combine the vinegar, 15ml [20ml] sweetener (to taste), seasoning, and a splash of warm water. Toss through the carrot 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 2 eggs with 2 tbsp of water. Prepare a second bowl containing the breadcrumbs (seasoned lightly). Toss the halloumi 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. You may need to do this in batches. 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 halloumi 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 and the carrot. Top with the crispy halloumi. Drizzle over the sticky Asian sauce. Sprinkle over the sesame seeds, and garnish with the coriander. Well done, Chef!