

QCOOK

Bernini's Korean Chicken Bao Buns

with kewpie mayo & pickled cucumber

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Bernini

Nutritional Info

	Per 100g	Per Portion
Energy	607kJ	3206kJ
Energy	145kcal	767kcal
Protein	8.7g	45.8g
Carbs	14g	76g
of which sugars	4.1g	21.5g
Fibre	1.1g	5.9g
Fat	5.9g	31.1g
of which saturated	0.4g	2.1g
Sodium	361mg	1907mg

Allergens: Sulphites, Egg, Gluten, Sesame, Sugar
Alcohol (Sweetener), Wheat, Soya

Spice Level: Hot

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
150ml	200ml	Flour Mix <i>(75ml [100ml] Cornflour & 75ml [100ml] Cake Flour)</i>
3	4	Free-range Chicken Breasts
9	12	Bao Buns <i>keep frozen</i>
22.5ml	30ml	Gochujang
120ml	160ml	Chicken Sauce <i>(45ml [60ml] Chutney, 30ml [40ml] Tomato Sauce, 37.5ml [50ml] Soy Sauce & 7.5ml [10ml] Honey)</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

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 THE CHICKEN Boil the kettle. In a bowl, whisk 2 eggs with 2 tbsp of water. Prepare a second bowl containing the flour mix (seasoned lightly). Pat the chicken dry with paper towel and cut into 1cm strips. Toss the chicken 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 bao buns are steaming, combine the gochujang (to taste) and 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!