

UCOOK

Korean Chicken Bao Buns

with pickled onion & cucumber, kewpie mayo and toasted sesame seeds

Soft bao buns are filled with battered & fried chicken pieces coated in a beautiful gochujang-soy-honey sauce. Topped with pickled onion & cucumber, a kewpie mayo drizzle, and toasted sesame seeds. The finishing touch is a sprinkle of fragrant coriander. Whether you're a fan of bao buns or simply looking for something new, this Korean dish is sure to satisfy.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Rhea Hsu



Adventurous Foodie



Delheim Wines | Delheim Staying Alive

Riesling

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

45ml	Rice Wine Vinegar
1	Onion 34 peeled & thinly sliced
300g	Cucumber peeled into ribbons
75ml	Kewpie Mayo
15ml	Sesame Seeds
240ml	Flour Mix (120ml Cornflour & 120ml Cake Flour)
450g	Free-range Chicken Mini Fillets
9	Bao Buns kept frozen
150ml	Chicken Sauce (22,5ml Gochujang, 45ml Mrs Balls Chutney, 30ml Tomato Sauce, 30ml Low Sodium Soy Sauce, 7,5ml Honey & 15ml Sesame Oil)
12g	Fresh Coriander rinsed & picked
From Your Kitchen	
Oil (cooking, olive or coconut) Salt & Pepper Water Sugar/Sweetener/Honey	
3.5.7.5.7.50.01.01, 1.10.10,	

Ingredients & Prep

Pice Wine Vinegar

45ml

Egg/s

1. PREP In a bowl, combine the vinegar, 15ml sweetener, seasoning, and a splash of warm water. Toss through the sliced onion and the cucumber ribbons. 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

they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRUMB 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. BAO'S 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 onion & cucumber and top with the Korean fried chicken. Drizzle over the loosened mayo. Sprinkle over the toasted sesame seeds and garnish with the picked coriander. Well done, Chef!

Nutritional Information Per 100g

1009

Energy

902kl

8.5g

31g

4.4g

1.5g

4.2g

0.7g

396mg

216kcal

Energy Protein

Carbs
of which sugars

Fibre
Fat
of which saturated

Sodium

Allergens

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

> Cook within 2 Days