



# 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:** 25 minutes

**Overall Time:** 30 minutes

---

**Serves:** 2 People

---

**Chef:** Kate Gomba

---

Adventurous Foodie

---

Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

---

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

## Ingredients & Prep

30ml	Rice Wine Vinegar
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
120ml	Sticky Asian Sauce <i>(20ml Gochujang, 60ml Tomato Sauce, 30ml Low Sodium Soy Sauce &amp; 10ml Sesame Oil)</i>
6	Bao Buns
400g	Plant-based Chicken Style Strips
100g	Cucumber <i>rinse &amp; cut into thin rounds</i>
5g	Fresh Coriander <i>rinse &amp; 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, 10ml 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.

**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. 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