



# UCOOK

## Boschendal Chicken & Homemade Steamed Buns

**with smashed cucumber, caramelised onions & chilli flakes**

Succulent pieces of chicken are tossed in a sweet and salty hoisin sauce, before being tossed through caramelised onions and served inside a fluffy homemade steamed bun. Sided with a zingy smashed cucumber salad, what could be better?

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**Hands-On Time:** 40 minutes

**Overall Time:** 65 minutes


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**Serves:** 4 People

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**Chef:** Boschendal Wines

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 Adventurous Foodie

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 Boschendal | Rose Garden Rosé

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## Ingredients & Prep

2	Red Onions <i>peeled &amp; roughly sliced</i>
400g	Cucumber
150	Dressing <i>(60ml Rice Wine Vinegar, 30ml Sesame Oil &amp; 60ml Low Sodium Soy Sauce)</i>
10ml	Dried Chilli Flakes
4	Free-range Chicken Breasts <i>pat dry &amp; cut into thin strips</i>
170ml	Hoisin Sauce
1L	Self-raising Flour
400ml	Coconut Milk
80g	Salad Leaves <i>rinsed</i>
15g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter (optional)  
Paper Towel

**1. ONION** Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 minutes until caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Remove from the pan and cover to keep warm.

**2. CUCUMBER** Using a rolling pin or bottle, smash the cucumber and slice into bite-sized chunks. In a bowl, combine the dressing with 4 tbsp of a sweetener of choice and the chilli flakes (to taste). Add the cucumber chunks and toss until fully coated. Marinate until serving.

**3. CHICKEN** Return the pan, wiped down if necessary, to a high heat with a drizzle of oil. When hot, add the chicken strips and fry for 1-2 minutes per side until golden. You may need to do this in batches. Remove from the heat and add the caramelised onions and the hoisin sauce to the pan. Toss until fully combined. Season to taste.

**4. BUNS** Boil the kettle. Place 800ml of the flour in a bowl. Slowly pour in the coconut milk, mixing to combine until you form a dough. Spread out the remaining flour on a flat surface and place the dough on top. Divide the dough into 12 pieces. Roll each piece into a ball. Using a rolling pin or bottle, roll each ball into a flat disc. On completion, place a heaping tablespoon of the filling in the center of each disc. Wrap the dough around the filling and pinch the edges together at the top to seal the dough together, fully encasing the filling. You may have some filling leftover, set it aside for serving.

**5. STEAM** Place a pot over a medium heat with 3-4cm of boiling water covering the base. Once steaming, place the dough buns, about 1cm apart from each other, in a colander over the pot. Cover and allow to steam for 12-15 minutes until cooked through and soft. Alternatively, use a steamer if you have one. You may need to do this step in batches. Just before serving, drain the dressing from the cucumbers and pour in a small bowl for serving. Add the rinsed salad leaves to the drained cucumber salad. Toss until fully combined.

**6. UN-BUN-LIEVABLE!** Serve the fluffy chicken-stuffed buns alongside the remaining chicken filling. Side with the smashed cucumber salad. Serve the dressing on the side for dunking. Sprinkle over the chopped coriander and any remaining chilli flakes. Well done, Chef!



## Chef's Tip

Don't let your buns touch the sides of the colander or steamer, as the sides of the metal can become quite wet and can make your buns soggy.

## Nutritional Information

Per 100g

Energy	616kJ
Energy	147Kcal
Protein	7.8g
Carbs	20g
of which sugars	3.2g
Fibre	0.9g
Fat	4.2g
of which saturated	2.2g
Sodium	193mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days