

QCOOK

Bernini's Korean Chicken Bao Buns

with kewpie mayo & pickled cucumber

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

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 1 | [Serves 2] | |
|----------|------------|--|
| 15ml | 30ml | Rice Wine Vinegar |
| 100g | 200g | Cucumber <i>rinse & peel into ribbons</i> |
| 25ml | 50ml | Kewpie Mayo |
| 5ml | 10ml | Black Sesame Seeds |
| 50ml | 100ml | Flour Mix <i>(25ml [50ml] Cornflour & 25ml [50ml] Cake Flour)</i> |
| 1 | 2 | Free-range Chicken Breast/s |
| 3 | 6 | Bao Buns <i>keep frozen</i> |
| 7.5ml | 15ml | Gochujang |
| 40ml | 80ml | Chicken Sauce <i>(15ml [30ml] Chutney, 10ml [20ml] Tomato Sauce, 12.5ml [25ml] Soy Sauce & 2.5ml [5ml] Honey)</i> |
| 3g | 5g | 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, 5ml [10ml] 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 1 egg with 1 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 egg, 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!