R2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Chilli

If you prefer less heat in your chilli, deseed it! Halve the chilli lengthways and use a teaspoon to remove the seeds.

Crispy Chicken Bao Buns

Soft and fluffy bao buns filled with golden panko-crusted chicken, lime-dressed slaw and creamy sweet chilli aioli. A definite crowd-pleaser!

30 minutes | 2 servings | Chicken

Not just for dinner!

These bao buns are a fantastic sharing dish as everyone can assemble their own. They are also great as a starter dish at a BBQ, party or gathering when feeding a larger crowd.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	21g	59g

FROM YOUR BOX

ORIENTAL SLAW	1 bag
LIME	1
LEBANESE CUCUMBER	1
RED CHILLI	1
CORIANDER	1 packet
AIOLI	100g
CHICKEN SCHNITZELS	300g
PANKO CRUMBS	40g
BAO BUNS	10-pack

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, sweet chilli sauce

KEY UTENSILS

frypan, saucepan and steamer basket with lid

NOTES

Set chicken aside on paper towel to drain after cooking. This will help keep it crispy.

If you don't have a steamer basket for your saucepan, you can microwave the bao buns instead! Coat each side of the buns with water before microwaving on high for 1 minute.

No gluten option - bao buns are replaced with 150g sushi rice and panko crumbs with GF breadcrumbs. Cook rice in 325ml water for 10-15 minutes. Remove from heat, stand uncovered for 5 minutes, then fluff with a fork.



1. PREPARE THE FILLINGS

Toss **oriental slaw** with **juice from 1/2 lime** (wedge remaining), **1 tbsp sesame oil**, **salt and pepper**. Slice **cucumber** and **chilli**. Roughly chop **coriander**. Set aside.



2. PREPARE THE SAUCE

Combine **aioli** with **1 tbsp sweet chilli sauce**. Set aside.



3. CRUMB THE CHICKEN

Coat **chicken** with **sesame oil**, **salt and pepper**. Press into **panko crumbs** until coated on all sides.



4. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Cook **chicken** for 4-5 minutes each side until golden and cooked through (see notes).



5. STEAM THE BAO BUNS

Fill a saucepan halfway with water. Add steamer basket and lid on top and bring to a simmer (see notes). Add **bao buns** (in batches if needed) and steam with lid on for 5 minutes until soft and fluffy.



6. FINISH AND SERVE

Slice **chicken**. Fill **bao buns** with **prepared fillings, chicken** and **sauce** at the table.

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