



Product Spotlight: Radishes

Radishes can be eaten raw, cooked or pickled. They come in many colours such as red, white, black and purple. They are high in fibre and vitamin C!



Crispy Korean Chicken

Bao Buns

Fluffy bao buns filled with crispy sesame chicken tossed in a mild Korean sauce, with pickled radishes and fresh fillings!



35 minutes



2 servings



Chicken

Spice it up!

Want to make it hot?! Switch the sweet chilli sauce for a fresh red chilli and blend the sauce to a smooth consistency! You can swap the sweet chilli sauce for your favourite hot sauce or add dried chilli flakes.

Per serve: **PROTEIN** 53g **TOTAL FAT** 41g **CARBOHYDRATES** 141g

FROM YOUR BOX

RADISHES	1 bunch
CARROT	1
AVOCADO	1
SPRING ONIONS	1 bunch
HOISIN SAUCE	1 packet
CHICKEN BREAST FILLET	300g
CORNFLOUR+SESAME SEED MIX	1 packet
BAO BUNS	10-pack

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, rice wine vinegar, sugar of choice, sweet chilli sauce

KEY UTENSILS

frypan, saucepan and steamer basket with lid

NOTES

Use a non-metallic bowl to pickle; metal bowls can react with the pickling liquid and leave a metallic taste.

Use a mandolin to thinly slice radishes if you have one. If desired, use radishes to taste. Keep any leftover radishes in pickling liquid in an airtight container in the fridge. They are great on burgers, toasted sandwiches or in a taco bowl.

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.



1. PREPARE THE VEGETABLES

In a non-metallic bowl (see notes), whisk together **1/3 cup vinegar**, **1/3 cup water**, **2 tsp salt** and **2 tsp sugar**. Thinly slice **radishes** and add to bowl.

Grate **carrot** and slice **avocado**.



2. MAKE THE SAUCE

Finely slice **spring onions** (reserve green tops for step 6). Add to a bowl along with **hoisin sauce**, **1 1/2 tbsp sesame oil**, **3 tbsp water**, **1 1/2 tbsp sweet chilli sauce** and **2 tbsp vinegar**. Whisk to combine.



3. COAT & COOK THE CHICKEN

Cut **chicken** into strips and season with **salt and pepper**. Pour **cornflour + sesame mix** onto a plate. Press chicken into mixture to coat.

Heat a large frypan over medium-high heat with **oil**. Add chicken and cook for 4 minutes each side.



4. ADD THE SAUCE

Add sauce to frypan. Toss to coat chicken. Cook for a further 2 minutes to warm sauce. Remove from heat.



5. STEAM BAO BURGER BUNS

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



6. FINISH AND SERVE

Drain radishes.

Fill bao buns with prepared fillings and chicken at the table.

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