



Product Spotlight: Ginger

Store your ginger in the freezer! Peel before you store. When you need to use it, it is easier to grate the ginger while it is frozen. Leftover ginger and the peel can be used in tea, stock or poaching liquid for extra flavour.



Pulled Chicken Bao Buns

Free-range chicken cooked in an aromatic broth and pulled, stuffed into fluffy bao buns with a fresh rainbow of vegetables.

 30 minutes

 2 servings

 Chicken

Switch it up!

Instead of pulled chicken, crumb the chicken and pan-fry. Serve with mayo or sauce of choice in bao buns with remaining fillings.

Per serve: **PROTEIN** 32g **TOTAL FAT** 11g **CARBOHYDRATES** 50g

FROM YOUR BOX

CHICKEN SCHNITZELS	300g
BROWN ONION	1
GINGER	1 piece
RED CABBAGE	1/4
CORIANDER	1 packet
LIME	1
CARROT	1
LEBANESE CUCUMBER	1
BAO BUNS	10-pack

FROM YOUR PANTRY

oil for cooking, sesame oil, pepper, soy sauce (or tamari), Chinese 5 spice, cornflour

KEY UTENSILS

large frypan, saucepan and steamer basket with lid.

NOTES

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. Rinse sushi rice. Place in a saucepan with 325ml water. Cover and bring to a boil. Reduce heat to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed. Serve in bowls with pulled chicken and fresh ingredients.



1. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Coat **chicken** with **2 tsp Chinese 5 spice** and **pepper**. Add to pan and cook for 4-5 minute each side.



2. SIMMER THE SAUCE

Dice **onion** and peel and grate **ginger**. Add to pan along with **sesame oil**. Sauté for 3 minutes. Pour in **1/4 cup soy sauce**, **500ml water** and cook, covered, for 10 minutes.



3. PREPARE THE FILLINGS

Shred **red cabbage** and slice **coriander stems**. Toss with **lime zest and juice from 1/2 lime**.

Julienne **carrot**, cut **cucumber** into crescents and wedge remaining **lime**. Set aside with **coriander leaves**.



4. COOK 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 for 5 minutes until soft and fluffy.



5. PULL THE CHICKEN

Remove **chicken** from pan. Use 2 forks to shred.

Whisk **2 tbs cornflour** into **sauce**. Add **chicken** back to pan and stir to combine.



6. FINISH AND SERVE

Serve **all elements** tableside to build **bao buns**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

