



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, stuff 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	TOTAL FAT	CARBOHYDRATES
	Og	Og	Og

FROM YOUR BOX

CHICKEN SCHNITZELS	300g
BROWN ONION	1
GINGER	1 piece
LIME	1
CORIANDER	1 packet
RED CABBAGE	1/4
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.



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**, **500 ml water** and return chicken. Cook, covered, for 10 minutes.



3. PREPARE THE FILLINGS

Combine zest from **lime** and juice from 1/2 with sliced **coriander** stems and **red cabbage**.

Julienne **carrot**, crescent **cucumber**. Wedge remaining lime.



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 tbsp cornflour** into pan. 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

