

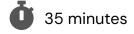




Crispy Korean Chicken

Bao Buns

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







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.

PROTEIN TOTAL FAT CARBOHYDRATES

141g

FROM YOUR BOX

RADISHES	1 bunch
CARROTS	2
AVOCADOS	2
SPRING ONIONS	1 bunch
HOISIN SAUCE	1 packet
CHICKEN BREAST FILLETS	600g
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 carrots and slice avocados.

2. MAKE THE SAUCE

Finely slice spring onions (reserve green tops for step 6). Add to a bowl along with hoisin sauce, 2 tbsp sesame oil, 1/4 cup water, 2 tbsp sweet chilli sauce and 3 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.

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



