



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

 4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	43g	18g	51g/60g

FROM YOUR BOX

	4 PERSON	6 PERSON
RADISHES	1 bunch	1 bunch
CARROTS	2	3
AVOCADOS	2	3
SPRING ONIONS	1 bunch	2 bunches
HOISIN SAUCE	50ml	2 x 50ml
CHICKEN BREAST FILLETS	600g	600g + 300g
CORNFLOWR+SESAME SEED MIX	1 packet	2 packets
BAO BUNS	10-pack	2 x 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.

6P - add **2 1/2 tbsp sesame oil**, **1/2 cup water**, **2 1/2 tbsp sweet chilli sauce** and **4 tbsp vinegar** to bowl with **hoisin sauce**.



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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

