



Honey and Miso Glazed Chicken Bao

with smashed cucumber and roasted sesame potatoes

Street Food 30 – 35 mins • Optional spice

22



Diced Chicken Breast



Cucumber



Sesame Seeds



Apple Cider Vinegar



Miso Paste



Honey



Soy Sauce



Bao Buns



Garlic, Ginger & Lemongrass Paste



Baby Potatoes



Dried Chilli Flakes

Pantry Items: Salt, Pepper, Oil, Flour, Sugar, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Cucumber	2 units	4 units
Sesame Seeds	1 sachet	2 sachets
Apple Cider Vinegar	1 sachet	2 sachets
Miso Paste	1 sachet	2 sachets
Honey	2 sachets	4 sachets
Soy Sauce	2 sachets	4 sachets
Bao Buns	1 pack	2 packs
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Baby Potatoes	500 g	1000 g
Dried Chilli Flakes	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	724 g	100 g
Energy (kJ/kcal)	3450 kJ/ 825 kcal	477 kJ/ 114 kcal
Fat (g)	11 g	1.5 g
Sat. Fat (g)	2.7 g	0.4 g
Carbohydrate (g)	128.7 g	17.8 g
Sugars (g)	20.5 g	2.8 g
Protein (g)	78 g	10.8 g
Salt (g)	6 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Roast the Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways, quartering any larger pieces. Pop onto a lined baking tray.
- Drizzle with **oil** then season with **salt** and **pepper**.
- Rub the **oil** over the **potatoes** then lay them cut-side down on the baking tray.
- Roast on the top shelf of the oven until fork tender, 25-35 mins.



Fry the Chicken

- Toss the **chicken** with **salt**, **pepper** and 2 tbsp **flour** (double for 4p).
- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **chicken** until browned and cooked through, 8-10 mins. Turn every 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken.
- Pour in the **miso** glaze and **lemongrass paste**.
- Cook until thickened, 2 mins.

TIP: Notice a stronger smell from the chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Smash the Cucumber

- Trim the **cucumber** then halve lengthways.
- Bash each **half** with the bottom of a pot or pan. Thinly slice widthways.
- In a separate bowl, toss the smashed **cucumber** with 1 tsp **sugar** (double for 4p) **half** the **soy sauce** and the **apple cider vinegar**.
- Set aside, continuing to stir occasionally.



Warm the Bao Buns

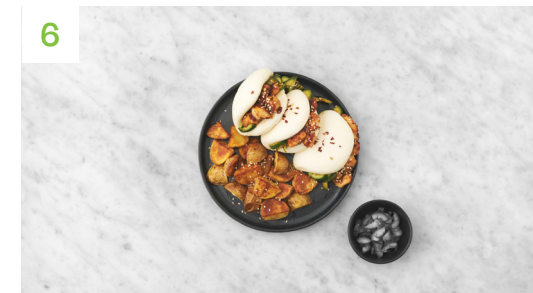
- Meanwhile, place the **bao buns** on a plate (3 at a time). Microwave covered for 1 min.
- Keep covered until serving.

TIP: Don't have a microwave? Place a large pot with 2cm of water over high heat. Once boiling, place a colander lined with a baking sheet on the pot. Place the bao (3 at a time) on the baking sheet, cover and steam for 3-4 mins.



Toast the Sesame Seeds

- Place a pan over medium heat (no oil).
- Once hot, dry-fry the **sesame seeds** until lightly toasted, stirring regularly, 2-3 mins.
- Remove from the pan and set aside.
- In a small bowl, make the glaze by mixing **miso paste**, **honey** and the remaining **soy sauce**.



Finish and Serve

- Fill each **bao bun** with a little smashed **cucumber** and some **miso chicken**.
- Plate up your **baos** with the roasted **potatoes** alongside.
- Sprinkle the toasted **sesame seeds** over everything.
- Scatter the **bao buns** with dried **chilli flakes** (use less if you don't like the heat).
- Serve any remaining smashed **cucumber** salad on the side.

Enjoy!