

Teriyaki Chicken Bao

with miso marinated cucumber and carrot salad

Street Food 35 – 40 mins

22



Diced Chicken Breast



Teriyaki Sauce



Thai Style Spice Mix



Miso Paste



Cucumber



Carrot



Apple Cider Vinegar



Chilli



Peanuts



Baby Potatoes



Bao Buns

Pantry Items: Butter, Salt, Oil, Sugar, Pepper, 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, peeler, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Teriyaki Sauce	1 sachet	2 sachets
Thai Style Spice Mix	2 sachets	4 sachets
Miso Paste	2 sachets	4 sachets
Cucumber	2 units	4 units
Carrot	1 unit	2 units
Apple Cider Vinegar	1 sachet	2 sachets
Chilli	1 unit	2 units
Peanuts	20 g	40 g
Baby Potatoes	500 g	1000 g
Bao Buns	6 units	12 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	826.5 g	100 g
Energy (kJ/kcal)	3874.4 kJ/ 926 kcal	468.8 kJ/ 112 kcal
Fat (g)	15.3 g	1.9 g
Sat. Fat (g)	3.2 g	0.4 g
Carbohydrate (g)	144.5 g	17.5 g
Sugars (g)	30.6 g	3.7 g
Protein (g)	80.3 g	9.7 g
Salt (g)	6.1 g	0.7 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 them onto a lined baking tray.
- Drizzle with **oil** then season with **half the Thai spice, salt and pepper**.
- Rub the **potatoes** to coat in the **oil** then arrange them cut-side down on the baking tray.
- Roast on the top shelf of the oven until fork tender, 25-35 mins. Turn the tray halfway through.



Sauce it Up

- Add the remaining **Thai spice** to the **chicken** and fry until fragrant, 30 secs.
- Remove the pan from the heat.
- Add a knob of **butter** and **teriyaki sauce** to the pan.
- Toss the **chicken** in the sauce to coat well.



Assemble the Salad

- Meanwhile, halve, deseed and finely chop the **chilli**.
- Trim the **cucumber** and quarter lengthways. Chop widthways into small pieces.
- Trim and peel the **carrot**. Run the peeler down its length to make ribbons, stopping at the core.
- In a bowl, toss the **cucumber, carrot, miso, vinegar**, 1 tsp **sugar** (double for 4p) and **half the chilli** (use less if you don't like spice).
- Set aside, continuing to stir occasionally. Drain any liquid before serving.



Warm the Bao Buns

- Place the **bao buns** on a plate (three at a time).
- Microwave covered for 1 min. Keep covered until serving.

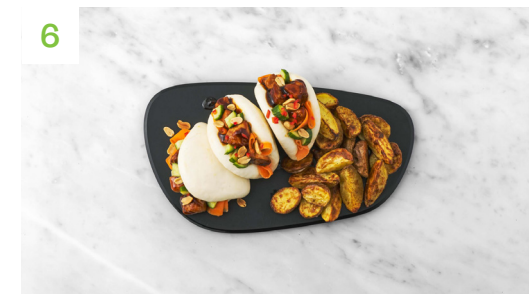
TIP: No microwave? No problem! To steam the bao instead, place a large pot with 2cm of water over high heat. Once boiling, place a colander lined with a baking sheet on the pot. Place the bao (three at a time) on the baking sheet, cover and steam for 3-4 mins.



Pan-fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**. Season with **salt and pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

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



Finish and Serve

- Fill the warm **bao** with **teriyaki chicken** and some miso marinated veg.
- Serve the roast **potatoes** and remaining veg alongside.
- Garnish the **bao** with a scattering of **peanuts** and the remaining chopped **chilli** (use less if you don't like spice).

Enjoy!