

Miso Glazed Chicken Bao

with smashed cucumber and roasted sesame potatoes

30 – 35 mins • Optional spice

17



Diced Chicken Breast



Cucumber



Sesame Seeds



Apple Cider Vinegar



Miso Paste



Soy Sauce



Bao Buns



Garlic, Ginger & Lemongrass Paste



Baby Potatoes



Dried Chilli Flakes



Sweet Asian Sauce

Pantry Items: Flour, Sugar, Salt, Pepper, Oil, 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
Soy Sauce	1 sachet	2 sachets
Bao Buns	6 units	12 units
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Baby Potatoes	500 g	1000 g
Dried Chilli Flakes	2 sachets	4 sachets
Sweet Asian Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	733.5 g	100 g
Energy (kJ/kcal)	3594.1 kJ/ 859 kcal	490 kJ/ 117.1 kcal
Fat (g)	12.1 g	1.6 g
Sat. Fat (g)	3.3 g	0.4 g
Carbohydrate (g)	136.2 g	18.6 g
Sugars (g)	22.1 g	3 g
Protein (g)	81 g	11 g
Salt (g)	4.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **chicken** until cooked through, 8-10 mins. Turn every 2-3 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add the **miso** glaze to the pan.
- Cook until slightly thickened, 1-2 mins. Loosen with a splash of **water** if you feel it's too thick.



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), **soy sauce** and **apple cider vinegar**.
- Set aside, continuing to stir occasionally.
- In a small bowl, make the glaze by mixing **lemongrass paste**, **miso**, **sweet Asian sauce** and 25ml **water** (double for 4p).



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.

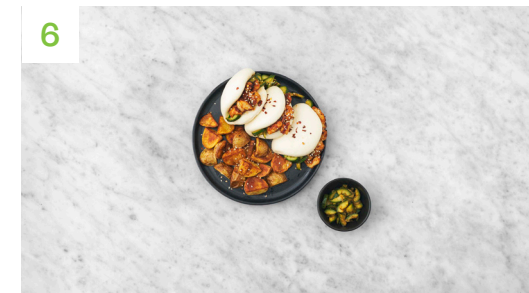
TIP: Haven't got a microwave? Place a large pot with 2cm of water over high heat. Once boiling, place a colander lined with a baking sheet on the pot. Place the bao (3 at a time) on the baking sheet, cover and steam for 3-4 mins.



Toast the Sesame Seeds

- Place a pan over medium heat (without oil).
- Once hot, dry-fry the **sesame seeds**, stirring, until lightly toasted, 2-3 mins.
- Remove from the pan and set aside (reserve the pan for later).
- In a bowl, toss the **chicken** with **salt**, **pepper** and 2 tbsp **flour** (double for 4p). **IMPORTANT:** Wash hands and equipment after handling raw chicken.

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



Finish and Serve

- Fill each **bao bun** with a little smashed **cucumber** and some **miso chicken**.
- Plate up your **bao** with the roast **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!