



Fiery Korean-inspired Chicken Bao

with gochujang aioli and cabbage slaw

35 – 40 mins • Egg(s) not included • **Extra spicy**

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Diced Chicken Breast



Gochujang Paste



Aioli



Cabbage



Sweet Asian Sauce



Bao Buns



Breadcrumbs



Scallion



Baby Potatoes



Sesame Seeds



Dried Chilli Flakes

Pantry Items: Egg, Salt, Oil, 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, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Gochujang Paste	2 sachets	4 sachets
Aioli	1 sachet	2 sachets
Cabbage	1 unit	2 units
Sweet Asian Sauce	1 sachet	2 sachets
Bao Buns	6 units	12 units
Breadcrumbs	2 packs	4 packs
Scallion	1 unit	2 units
Baby Potatoes	500 g	1000 g
Sesame Seeds	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	821.9 g	100 g
Energy (kJ/kcal)	4913 kJ/ 1174 kcal	598 kJ/ 143 kcal
Fat (g)	32.9 g	4 g
Sat. Fat (g)	5.3 g	0.6 g
Carbohydrate (g)	162.7 g	19.8 g
Sugars (g)	30.2 g	3.7 g
Protein (g)	60.1 g	7.3 g
Salt (g)	4.6 g	0.6 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 oven to 240°C/220°C fan/gas mark 9.
- Quarter the **potatoes** lengthways to make wedges.
- On a lined baking tray, toss with **salt, pepper, chilli flakes, half the sesame seeds** and a drizzle of **oil**.
- Spread out in a single layer.
- Roast on the top shelf for 25-35 mins.



Cook the Chicken

- Place a pan over high heat with 2cm **oil** coating the bottom.
- Once the **oil** is hot, add the **chicken** to the pan.
- Fry until golden brown and cooked through, 6-8 mins. Turn every 2-3 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once cooked, transfer to a plate lined with kitchen paper.

TIP: Allow the oil to get nice and hot before adding the chicken so it can crisp up properly.



Get Prepped

- Meanwhile, halve the **cabbage**, cut out and discard the tough core, then thinly slice.
- Trim and thinly slice the **scallion**.
- To make your slaw, mix the **sweet Asian sauce**, 1 tsp **oil** (per 2P) and ¼ tsp **salt** (per 2P). Toss the **cabbage** through the dressing. Season to taste with **salt and pepper**.
- In a small bowl, mix the **aioli** and **gochujang**.
- Beat one **egg** (per 2P) in a bowl. In another bowl, season the **breadcrumbs** with **salt and pepper**.



Make the Bao

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

TIP: To steam the bao instead, place a pot with 2cm of water over high heat. Once boiling, place a colander lined with a baking sheet on top of the pot. Place the bao (three at a time) on the baking sheet. Cover and steam for 3-4 mins.



Crumb the Chicken

- Season the **chicken** with **salt and pepper**.
- Add the **chicken** to the bowl with the **egg** and toss to coat.
- Next, toss the **chicken** through the **breadcrumbs**. Ensure it's well-coated. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

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

- Divide the sesame **potatoes** between plates.
- Fill each **bao** bun with crispy **chicken** and Asian slaw.
- Drizzle the **gochujang aioli** over the top.
- Finish with a scattering of **scallion** and remaining **sesame seeds**.
- Serve any remaining slaw on the side.

Enjoy!