

Sweet and Spicy Chicken Bao

with pickled radish and roast potatoes

35 – 40 mins • **Extra spicy**

17



Diced Chicken Breast



Baby Potatoes



Sweet Chilli Sauce



Cabbage



Aioli



Breadcrumbs



Red Wine Vinegar



Sesame Seeds



Bao Buns



Gochujang Paste



Radish



Dried Chilli Flakes

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



Rate your recipe!

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
Baby Potatoes	500 g	1000 g
Sweet Chilli Sauce	1 sachet	2 sachets
Cabbage	1 unit	2 units
Aioli	2 sachets	4 sachets
Breadcrumbs	1 pack	1 pack
Red Wine Vinegar	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets
Bao Buns	6 units	12 units
Gochujang Paste	1 sachet	2 sachets
Radish	125 g	250 g
Dried Chilli Flakes	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	867.9 g	100 g
Energy (kJ/kcal)	5102 kJ/ 1219 kcal	588 kJ/ 141 kcal
Fat (g)	42 g	4.8 g
Sat. Fat (g)	5.8 g	0.7 g
Carbohydrate (g)	158.9 g	18.3 g
Sugars (g)	34.5 g	4 g
Protein (g)	54.4 g	6.3 g
Salt (g)	3.9 g	0.4 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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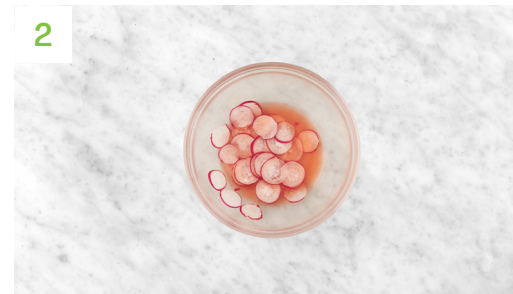
Roast the Potatoes

- Preheat oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes**. Quarter larger pieces. On a lined baking tray, toss with **salt**, **pepper** and a drizzle of **oil**.
- Arrange cut-side down then roast on the top shelf for 15-20 mins.
- After 15 mins, crush each **potato** with the bottom of a bowl. Drizzle with **oil**. Sprinkle with **sesame seeds** and **chilli flakes** (use less if you don't like spice).
- Return to the top shelf of the oven to cook until crispy and golden, 8-10 mins.



Cook the Chicken

- Toss the **chicken** in the remaining **aioli**. Season with **salt** and **pepper**.
- Next, toss the **chicken** in the **breadcrumbs**.
- Place on a lined baking tray. Drizzle over a little **oil**.
- Bake until golden and cooked through, 20-25 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.



Pickle the Radish

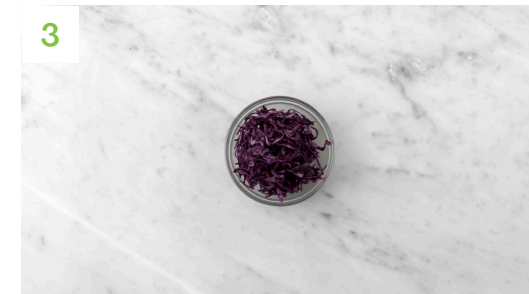
- Meanwhile, trim and thinly slice the **radish**.
- Pop into a bowl along with **vinegar**, 1 tsp **sugar** (per 2P) and ¼ tsp **salt** (per 2P).
- Mix together and set aside, continuing to stir frequently.



Warm the Bao Buns

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

TIP: You can steam the bao as well. 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.



Make the Slaw

- Halve the **cabbage**, cut out the tough core and thinly slice.
- Toss the **cabbage** with **half** the **aioli**. Season to taste with **salt** and **pepper**.
- Mix 1 tbsp **aioli** (per 2P) with the sweet **chilli** sauce and **gochujang** in a bowl.



Assemble and Serve

- Fill each **bao** with some **cabbage slaw** and **chicken**.
- Drizzle with **sweet chilli aioli** and garnish with pickled **radish**.
- Serve remaining slaw and smashed **potatoes** alongside.

Enjoy!