

# Asian Crumbed Chicken Bao

with mushrooms, pickled cucumber and jasmine rice

35 – 40 mins

17



Diced Irish Chicken Breast



Mushrooms



Sweet Chilli Sauce



Cucumber



Apple Cider Vinegar



Jasmine Rice



Chilli



Aioli



Ketjap Manis



Bao Buns



Mayo



Breadcrumbs

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



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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.

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

## Cooking tools you will need

Baking sheet with baking paper, colander, pot with lid

## Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Mushrooms	150 g	250 g
Sweet Chilli Sauce	1 sachet	1 sachet
Cucumber	2 units	4 units
Apple Cider Vinegar	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Chilli	1 unit	2 units
Aioli	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets
Bao Buns	6 units	12 units
Mayo	2 sachets	4 sachets
Breadcrumbs	1 pack	2 packs

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	800 kJ/ 191.2 kcal
Fat (g)	6.2 g
Sat. Fat (g)	1 g
Carbohydrate (g)	25.4 g
Sugars (g)	4 g
Protein (g)	8.2 g
Salt (g)	0.6 g

See site or app for detailed nutritional info.

## Allergens

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

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### Make the Rice

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Place a pot over medium-high heat with the **rice** and 300ml cold **water** (per 2P). Bring to the boil.
- Once boiling, lower heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins (or until ready to serve).
- Once ready, add ¼ tsp **salt** (per 2P), 1 tsp **sugar** (per 2P) and **half** the **apple cider vinegar**. Mix well to combine.



### Cook the Mushrooms

- Meanwhile, roughly chop the **mushrooms**.
- Deseed the **chilli** and finely chop.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Fry the **mushrooms** for 5-6 mins. Stir in the **ketjap manis**.



### Pickle the Cucumber

- Meanwhile, trim and halve the **cucumber** lengthways. Scoop out the seeds. Chop widthways into small pieces.
- In a bowl, mix the remaining **apple cider vinegar**, ¼ tsp **salt** (per 2P) and 1 tsp **sugar** (per 2P).
- Add the **cucumber** and set aside to marinate, continuing to toss occasionally.
- Mix the **aioli** with the **sweet chilli sauce**.
- In a bowl, mix the **breadcrumbs** with **salt, pepper** and 2 tbsp **oil** (per 2P).



### Warm the Bao Buns

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

**TIP:** Don't have a microwave? Place a 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.



### Bake the Chicken

- Toss the **chicken** in the **mayo**. 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.

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



### Garnish and Serve

- Fill the **bao buns** with the crumbed **chicken** and a little pickled **cucumber**.
- Fluff up the **rice** with a fork and divide between bowls.
- Top the **rice** with fried **mushrooms** and the remaining pickled **cucumber**.
- Drizzle the **sweet chilli aioli** over the **bao buns**.
- Garnish with a scattering of chopped **chilli** (use less if you don't like spice).

Enjoy!