

Crispy Chicken Bao

with Asian greens and roast baby potatoes

35 – 40 mins • Egg(s) not included

17



Diced Irish Chicken Breast



Breadcrumbs



Aioli



Korma Curry Paste



Honey



Green Beans



Peanuts



Sweet Asian Sauce



Chilli



Baby Potatoes



Carrot



Bao Buns

Pantry Items: Egg, 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.

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, pan with lid, pot with lid

Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Breadcrumbs	1 pack	2 packs
Aioli	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets
Honey	2 sachets	4 sachets
Green Beans	75 g	150 g
Peanuts	20 g	40 g
Sweet Asian Sauce	1 sachet	2 sachets
Chilli	1 unit	2 units
Baby Potatoes	500 g	1000 g
Carrot	1 unit	2 units
Bao Buns	6 units	12 units

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	627 kJ/ 150 kcal
Fat (g)	4.3 g
Sat. Fat (g)	0.7 g
Carbohydrate (g)	20.8 g
Sugars (g)	3.6 g
Protein (g)	7.6 g
Salt (g)	0.5 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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Cook 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** and 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. Turn the tray halfway through.



Crumb the Chicken

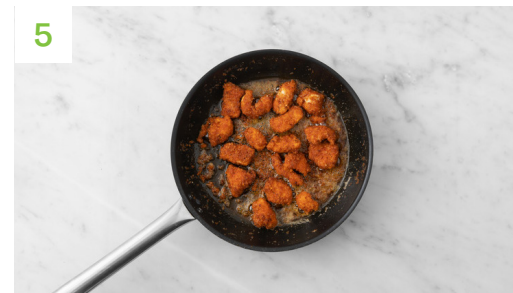
- Beat one **egg** (per 2P) in a bowl.
- In another bowl, season the **breadcrumbs** with **salt** and **pepper**.
- Wipe and return the pan to high heat with 2cm **oil**.
- Season the **chicken** with **salt** and **pepper**.
- Toss the **chicken** first in egg then **breadcrumbs**. Ensure it's well 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.



Get Prepped

- Meanwhile, in a small bowl, mix together the **honey**, **aioli** and **korma paste**.
- Trim the **green beans**.
- Trim the **carrot** and halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Bash the unopened sachet of **peanuts** with a pot or rolling pin.



Cook the Chicken

- Fry the **chicken** until golden and cooked through, 6-8 mins. Turn every 2-3 mins.
- Transfer to a plate lined with kitchen paper.
- **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Place the **bao** on a plate (three at a time). Microwave covered for 1 min.

TIP: Don't have a microwave? Boil 2cm of water in a pot. Pop a colander lined with a baking sheet on top. Place 3 bao at a time on the baking sheet. Cover and steam, 3-4 mins.



Pan-fry the Veg

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans** and **carrots** and fry until starting to char, 3-4 mins.
- Add a splash of **water** and cover with a lid or some foil. Cook until tender, 4-5 mins.
- Transfer the veg to a bowl. Toss with **sweet Asian sauce** and **half** the chopped **chilli** (use less if you don't like spice).
- Season to taste with **salt** and **pepper**. Set aside and cover to keep warm.



Finish and Serve

- Fill each **bao** with crispy **chicken**.
- Drizzle the katsu **curry sauce** over the top.
- Serve the warm Asian veg and roast **potatoes** on the side.
- Finish with a scattering of crushed **peanuts** and remaining chopped **chilli**.

Enjoy!