

Taiwanese Style Chicken Bao Buns

with pickled cucumber, carrot and Asian salad

25 – 30 mins

17



Diced Irish Chicken Breast



Cucumber



Salad Leaves



Apple Cider Vinegar



Carrot



Peanuts



Aioli



Garlic, Ginger & Lemongrass Paste



Bao Buns



Sweet Asian Sauce



Soy Sauce

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.

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

Colander, baking paper, peeler, pot with lid

Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Cucumber	2 units	4 units
Salad Leaves	120 g	240 g
Apple Cider Vinegar	2 sachets	4 sachets
Carrot	1 unit	2 units
Peanuts	20 g	40 g
Aioli	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Bao Buns	6 units	12 units
Sweet Asian Sauce	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	534 kJ/ 128 kcal
Fat (g)	4.2 g
Sat. Fat (g)	0.8 g
Carbohydrate (g)	15.1 g
Sugars (g)	3.8 g
Protein (g)	7.7 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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Pickle the Veg

- Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces.
- Trim and peel the **carrot**. Run the peeler down the length of the **carrot** to create long ribbons, stopping at the core.
- Pickle the **carrot** and **cucumber** with **apple cider vinegar** and 2 tsp **sugar** (per 2P). Season to taste with **salt** and **pepper**. Set aside, continuing to toss occasionally.
- Just before serving, drain the **cucumber** and **carrot**.



Toss the Salad

- Meanwhile, trim the **salad leaves**, then chop widthways (or tear) into bite-sized pieces.
- Just before serving, toss the salad with **sweet Asian sauce** and the drained pickled veg.
- Season to taste with **salt** and **pepper**.



Make the Drizzle

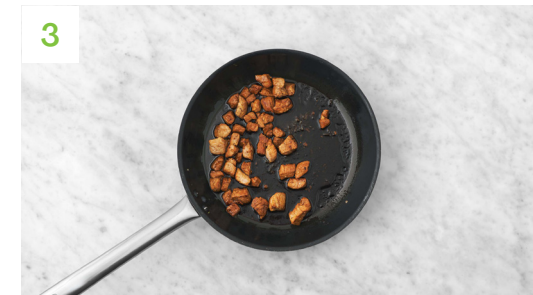
- Add the **aioli** to a small bowl along with **half** the **soy sauce**.
- Mix well to combine, then set aside.



Warm the Bao

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

TIP: No microwave? No problem! Instead, place a pot with 2cm of water over high heat. Once the water is 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.



Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**, **lemongrass paste** and remaining **soy sauce**.
- Fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**.

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



Assemble and Serve

- Fill each **bao** with a little salad and pan-fried **chicken**.
- Drizzle with umami **aioli** and scatter over the **peanuts**.
- Serve the remaining salad alongside.

Enjoy!