

Sweet-Soy Chicken & Bacon Jam Bao Buns

with Sesame Wedges & Cucumber Salad

BAO BONANZA

Grab your meal kit with this number

24



Potato



Sesame Seeds



Cucumber



Radish



Onion



Lemon



Chicken Breast



Sweet Soy Seasoning



Diced Bacon



Sweet Chilli Sauce



Mixed Salad Leaves



Bao Buns



Coriander



Mayonnaise

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Get ready to 'bao' down to flavour town with our chicken bao buns, where crispy, golden nuggets of joy meet fluffy clouds of steamed goodness. If you thought it couldn't get any better, you'd be wrong - add a dollop of chilli bacon jam and some sesame wedges, and this dish will have your taste buds doing a happy bao dance!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sesame seeds	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
radish	1	2
onion	½	1
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
diced bacon	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	½ packet	1 packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
sesame oil*	1 tsp	2 tsp
bao buns	6	12
coriander	1 packet	1 packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4359kJ (1041Cal)	534kJ (127Cal)
Protein (g)	61.3g	7.5g
Fat, total (g)	30.3g	3.7g
- saturated (g)	7.1g	0.9g
Carbohydrate (g)	111.2g	13.6g
- sugars (g)	27.7g	3.4g
Sodium (mg)	1406mg	172mg
Dietary Fibre (g)	11.2g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the sesame wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place on a lined oven tray. Sprinkle over **sesame seeds**, drizzle with **olive oil** and season with **salt**. Toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.



Cook the chicken

- Wipe out the frying pan and return to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, turning occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: *Chicken is cooked through when it's no longer pink inside.*



Get prepped

- Meanwhile, slice **cucumber** into sticks. Thinly slice **radish** and **onion** (see ingredients).
- Slice **lemon** into wedges.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **chicken**, tossing to combine.



Make the salad

- Meanwhile, in a large bowl, combine **mixed salad leaves**, **radish**, **cucumber**, the **sesame oil** and a generous squeeze of **lemon juice**. Season to taste.
- Place **bao buns** on a microwave-safe plate and cover with damp paper towel.
- Microwave on high, **1 minute**. Set aside to slightly cool, **1 minute**.



Make the chilli bacon jam

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **diced bacon**, breaking up with a spoon, until starting to brown, **4-6 minutes**.
- Add **sweet chilli sauce** (see ingredients), the **vinegar** and a splash of **water**, stirring to combine. Cook until reduced, **3-5 minutes**. Transfer to a bowl and set aside.



Finish & serve

- Uncover, then gently halve bao buns and evenly spread with some chilli bacon jam.
- Fill bao buns with sweet-soy chicken and some cucumber salad. Tear over **coriander**.
- Serve with sesame wedges, **mayonnaise** and any remaining cucumber salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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