



Peanut Chicken & Coconut Chilli Bao Buns

with Sesame Sweet Potato Fries & Corn Cobs

TASTE TOURS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Corn



Mixed Sesame Seeds



Pear



Lime



Chicken Thigh



Southeast Asian Spice Blend



Peanut Butter



Soy Sauce Mix



Deluxe Salad Mix



Gua Bao Bun



Coconut Sweet Chilli Mayonnaise

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Our favourite little bao buns are back and better than ever. Pack them in with Southeast Asian chicken and slaw and serve them with sesame sweet potato fries and sweet and salty corn and you'll have a dish that makes you sing!

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

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
sweet potato	2	4
corn	1 cob	2 cobs
mixed sesame seeds	1 medium sachet	1 large sachet
pear	1	2
lime	½	1
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
peanut butter	1 medium packet	2 medium packets
water*	¼ cup	½ cup
brown sugar*	½ tsp	1 tsp
soy sauce mix	1 medium packet	2 medium packets
deluxe salad mix	1 medium packet	1 large packet
gua bao bun	6	12
coconut sweet chilli mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4895kJ (1170Cal)	553kJ (132Cal)
Protein (g)	55.3g	6.2g
Fat, total (g)	40.9g	4.6g
- saturated (g)	6.5g	0.7g
Carbohydrate (g)	128.1g	14.5g
- sugars (g)	45.1g	5.1g
Sodium (mg)	1337mg	151mg
Dietary Fibre (g)	20.8g	2.4g

The quantities provided above are averages only.

Allergens

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

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

1



Roast the fries & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Cut **corn cob** in half.
- Place **fries** on a lined oven tray. Sprinkle over **mixed sesame seeds**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Add **corn** to oven tray. Drizzle with **olive oil**, season with **salt** and turn to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

2



Get prepped

- While the corn is roasting, thinly slice **pear** into wedges.
- Slice **lime** into wedges.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **Southeast Asian spice blend** and a drizzle of **olive oil**.
- In a small bowl, combine **peanut butter**, the **water**, **brown sugar** and half the **soy sauce mix**.

3



Cook the chicken

- When the corn has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat and stir in **peanut butter mixture**, until slightly thickened, **1 minute**.

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

4



Assemble the slaw

- Meanwhile, in a large bowl, combine a good squeeze of **lime juice** and remaining **soy sauce mix**. Add **deluxe salad mix** and **pear** and toss to combine. Season.

5



Heat the bao buns

- Place **gua bao buns** on a microwave-safe plate and cover with a damp paper towel.
- Microwave on high for **1 minute**. Set aside to rest for **1 minute**.

6



Serve up

- Uncover baos then gently halve the buns and spread with **coconut sweet chilli mayonnaise**. Fill with Southeast Asian chicken and some pear slaw.
- Divide baos, sesame sweet potato fries and corn cobs between plates. Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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