

Sweet & Sour Popcorn Chicken Bao Buns

with Cheesy Bacon Potato Chunks & Creamy Apple Slaw

BAO BONANZA

Grab your meal kit with this number

32



Potato



Diced Bacon



Cheddar Cheese



Apple



Spring Onion



Chicken Thigh



Sweet Soy Seasoning



Cornflour



Sweet & Sour Sauce



Sesame Seeds



Gua Bao Buns



Shredded Cabbage Mix



Garlic Aioli

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

 Eat Me Early

Delicately fluffy bao buns are the perfect vessels for succulent chicken pieces complete with a crunchy coating and our crisp garlicky cabbage slaw. Pair with loaded potato chunks for an unforgettable flavour sensation that will have you coming back for more!

Pantry items

Olive Oil, Honey

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
diced bacon	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
apple	1	2
spring onion	1 stem	2 stems
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
cornflour	1 medium sachet	1 large sachet
sweet & sour sauce	1 packet	2 packets
honey*	½ tsp	1 tsp
sesame seeds	1 medium sachet	1 large sachet
gua bao buns	6	12
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4912kJ (1174Cal)	637kJ (152Cal)
Protein (g)	57.8g	7.5g
Fat, total (g)	44.3g	5.7g
- saturated (g)	11.3g	1.5g
Carbohydrate (g)	119g	15.4g
- sugars (g)	39.1g	5.1g
Sodium (mg)	2441mg	317mg
Dietary Fibre (g)	9.5g	1.2g

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



Bake the bacon potato chunks

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- In the last **8-10 minutes** of cook time, sprinkle **diced bacon** and **Cheddar cheese** over potato (you may need to break up the bacon with your hands!). Return to oven and bake until melted and golden.

4



Make it saucy

- Wipe out frying pan and return to medium-high heat. Return **chicken** to pan, then add **sweet & sour sauce**, the **honey** and **sesame seeds**, tossing, until well combined, **1 minute**.

2



Get prepped

- Meanwhile, thinly slice **apple** into sticks.
- Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **sweet soy seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.

5



Heat buns & assemble the slaw

- While chicken is cooking, 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**.
- In a second medium bowl, combine **shredded cabbage mix**, **apple**, **garlic aioli** and a drizzle of **olive oil**. Season to taste.

3



Pan-fry the chicken

- When potato has **10 minutes** remaining, to bowl with chicken, add **cornflour**. Toss to coat.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. When oil is hot, dust off any excess flour from chicken, then cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a paper towel-lined plate.

6



Serve up

- Uncover baos, then gently halve buns and fill with some creamy apple slaw and sweet and sour popcorn chicken.
- Serve baos with cheesy bacon potato chunks and remaining slaw. Top bao buns with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW28

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